



If registering by phone, please leave your name and contact information on the facilitator's voicemail and the facilitator will call you back. Calls from facilitators are made from a BLOCKED/PRIVATE number.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---------------|
| Feb 2 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 Traing Your Brain 2:00pm-3:00pm ext. 2601 | Feb 3 <ul style="list-style-type: none"> Winter Staycation 10:00am-11:00am ext. 2642 Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 | Feb 4 <ul style="list-style-type: none"> Go With Your Gut 10:00am-11:30am ext. 2642 Ready for Success Tutoring 4:45pm-5:45pm ext. 2653 Taking Care of You: Even More 5:00pm-6:00pm ext. 2642 Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653 | Feb 5 <ul style="list-style-type: none"> Infant Massage 9:30am-11:30am ext. 2687 Weight. Diet. Health 10:00am-11:00am ext. 2642 Expressive Art 10:00am-11:30am ext. 2653 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 Restful Sleep 2:30pm-4:00pm ext. 2601 | Feb 6 |
| Feb 9 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 Traing Your Brain 2:00pm-3:00pm ext. 2601 | Feb 10 <ul style="list-style-type: none"> Winter Staycation 10:00am-11:00am ext. 2642 Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 | Feb 11 <ul style="list-style-type: none"> Go With Your Gut 10:00am-11:30am ext. 2642 Ready for Success Tutoring 4:45pm-5:45pm ext. 2653 Taking Care of You: Even More 5:00pm-6:00pm ext. 2642 Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653 | Feb 12 <ul style="list-style-type: none"> Infant Massage 9:30am-11:30am ext. 2687 Weight. Diet. Health 10:00am-11:00am ext. 2642 Expressive Art 10:00am-11:30am ext. 2653 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 Restful Sleep 2:30pm-4:00pm ext. 2601 Palentine's Day 3:30pm-5:30pm ext. 2687 Empowered Minds: Building Life Skills Together 4:30pm-5:30pm ext. 2601 | Feb 13 |
| Feb 16 <p style="text-align: center;">VCHC closed - Family Day</p> | Feb 17 <ul style="list-style-type: none"> Winter Staycation 10:00am-11:00am ext. 2642 Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 | Feb 18 <ul style="list-style-type: none"> Go With Your Gut 10:00am-11:30am ext. 2642 Taking Care of You: Even More 5:00pm-6:00pm ext. 2642 | Feb 19 <ul style="list-style-type: none"> EarlyON-Infant Massage 9:30am-11:30am ext. 2687 Weight. Diet. Health 10:00am-11:00am ext. 2642 Expressive Art 10:00am-11:30am ext. 2653 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 Restful Sleep 2:30pm-4:00pm ext. 2601 Empowered Minds: Building Life Skills Together 4:30pm-5:30pm ext. 2601 | Feb 20 |
| Feb 23 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 Traing Your Brain 2:00pm-3:00pm ext. 2601 | Feb 24 <ul style="list-style-type: none"> Winter Staycation 10:00am-11:00am ext. 2642 Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 | Feb 25 <ul style="list-style-type: none"> Go With Your Gut 10:00am-11:30am ext. 2642 Ready for Success Tutoring 4:45pm-5:45pm ext. 2653 Taking Care of You: Even More 5:00pm-6:00pm ext. 2642 Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653 | Feb 26 <ul style="list-style-type: none"> EarlyON-Infant Massage 9:30am-11:30am ext. 2687 Weight. Diet. Health 10:00am-11:00am ext. 2642 Expressive Art 10:00am-11:30am ext. 2653 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 Restful Sleep 2:30pm-4:00pm ext. 2601 Empowered Minds: Building Life Skills Together 4:30pm-5:30pm ext. 2601 | Feb 27 |
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FEBRUARY 2026 HEALTH PROMOTION PROGRAM DESCRIPTIONS

If registering by phone, please leave your name and contact information on the facilitator's voicemail and the facilitator will call you back. Calls from facilitators are made from a BLOCKED/PRIVATE number.

ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+):

| | | | |
|--|----------------------------|--|-----------------------|
|  Coffee and Chats (19+) (Vaughan) | Dates: Jan 6-Mar 31, 2026 | Day: TUE | Time: 10:00am-12:00pm |
| Program Contact: Kelly Lo Email: klo@vaughanchc.com Phone: 905-303-8490 ext. 2653 | | Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7 | |
| In-person program. Meet new friends, discuss topics related to healthy living and wellness, and learn from guest speakers on topics of your choice and more! | | | |
|  Taking Care of You: Even More | Dates: Jan 21-Mar 11, 2026 | Day: WED | Time: 5:00pm-6:00pm |
| Program Contact: Cindy Sabolic Email: csabolic@vaughanchc.com Phone: 905-303-8490 ext. 2642 | | Location: Online Platform Program will be offered on Zoom. Access to internet and working video/ microphone on phone, tablet, or computer device | |
| "Taking Care of You - Self-Care Program" is an 8-week program for participants (19+) who seek to have wellness and self-care in their life. This program will provide activities, practices and healthy habits to bare against stress, unhappiness, illness, depression, and many more negative emotions. Topics include learning about the different forms of self-care, while also participants being able to share their own experiences, personal stories and reflections. | | | |
|   Expressive Art | Dates: Jan 15-Mar 12, 2026 | Day: THUR | Time: 10:00am-11:30am |
| Program Contact: Kelly Lo Email: klo@vaughanchc.com Phone: 905-303-8490 ext. 2653 | | Location: Hybrid, In person and virtual. Online Platform Program will be offered on Zoom. Access to internet and working video/microphone on phone, tablet, or computer device | |
| In a relaxed environment, facilitators will lead instructions in art-based activities and share strategies to enhance participants' mental wellbeing. | | | |
|  Go With Your Gut | Dates: Jan 21-Mar 11, 2026 | Day: WED | Time: 10:00am-11:30am |
| Program Contact: Cindy Sabolic Email: csabolic@vaughanchc.com Phone: 905-303-8490 ext. 2642 | | Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7 | |
| Join our program and learn about how to prevent and manage digestive issues such as gastroesophageal reflux disease, heartburn, irritable bowel syndrome/small intestinal bacterial overgrowth, constipation and diarrhea, diverticulosis and diverticulitis, gut microbiome and probiotics. This program will be facilitated by a Community Dietitian and Community Healthy Worker. | | | |
|  Winter Staycation | Dates: Jan 20-Feb 24, 2026 | Day: TUE | Time: 10:00am-11:00am |
| Program Contact: Cindy Sabolic Email: csabolic@vaughanchc.com Phone: 905-303-8490 ext. 2642 | | Location: Online Platform Program will be offered on Zoom. Access to internet and working video/ microphone on phone, tablet, or computer device | |
| This 6-week program will offer an opportunity to de-stress and engage in mood-lifting activities to strengthen one's ability to cope with life stressors. Classes are designed to help you develop and practice self-care methods in a safe space; incorporating guided meditation, music therapy to encourage mental and emotional well-being. | | | |
|  EarlyON Program: Infant Massage | Dates: Jan 8-Feb 12, 2026 | Day: THUR | Time: 9:30am-11:30am |
| Program Contact: Zaynah Cadogan Email: zcadogan@vaughanchc.com Phone: 905-303-8490 ext. 2687 | | Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7 | |
| This program promotes nurturing touch and communication. It teaches parents how to massage their baby, read their baby's cues, and helps with bonding and attachment. Certified instructors will support and encourage parents to trust their ability and intuition as part of the process. It's a great way to connect with other families and educators. | | | |

This calendar can be provided in an alternative format.

FEBRUARY 2026 HEALTH PROMOTION PROGRAM DESCRIPTIONS

If registering by phone, please leave your name and contact information on the facilitator's voicemail and the facilitator will call you back. Calls from facilitators are made from a BLOCKED/PRIVATE number.

ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+):

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|--|---------------------------|--|-----------------------|
|  Ready for Success Tutoring | Dates: Jan 7-Apr 1, 2026 | Day: WED | Time: 4:45pm-5:45pm |
| Program Contact: Kelly Lo Email: klo@vaughanchc.com Phone: 905-303-8490 ext. 2653 | | Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7 | |
| Free Math and English group tutoring program for students in grades 1 to 6. (No program on Feb 18 & Mar 18, 2026) | | | |
|  Brain, Logic and Tricks | Dates: Jan 7-Apr 1, 2026 | Day: WED | Time: 6:00pm-7:00pm |
| Program Contact: Kelly Lo Email: klo@vaughanchc.com Phone: 905-303-8490 ext. 2653 | | Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7 | |
| Help your child boost their brain power! In this fun and engaging program, children will explore the importance of brain health through hands-on activities, games, and challenges. Participants will practice problem-solving skills, strengthen memory, and discover simple habits that keep their brains active and healthy. (No program on Feb 18 & Mar 18, 2026) | | | |
|  Watercolour Wellness: Crafting Calmness | Dates: Jan 12-Mar 9, 2026 | Day: MON | Time: 10:00am-12:00pm |
| Program Contact: Jennyvie Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601 | | Location: Hybrid, In person and virtual. Online Platform Program will be offered on Zoom. Access to internet and working video/microphone on phone, tablet, or computer device | |
| "Watercolour Wellness: Crafting Calmness" is a stress relief program that provides an opportunity for participants to come together connect and engage in art and reflection-based activities. The Watercolour Wellness program will incorporate both water colour and neurographic art activities to support participants to reach a mindful, meditative and calm state. Location for in-person is 716 The Queensway S., Keswick, ON, L4P 4C9. Limited spots are available. | | | |
|  Train Your Brain | Dates: Jan 12-Mar 9, 2026 | Day: MON | Time: 2:00pm-3:00pm |
| Program Contact: Jennyvie Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601 | | Location: Online Platform Program will be offered on Zoom. Access to internet and working video/ microphone on phone, tablet, or computer device | |
| A fun, activity-based program to engage your mind. | | | |
|  Coffee and Chats (Keswick) | Dates: Jan 8-Mar 12, 2026 | Day: THUR | Time: 10:30am-12:00pm |
| Program Contact: Jennyvie Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601 | | Location: In-person at VCHC Keswick Site - (In Georgina Health Centre) 716 The Queensway South, Keswick, ON, L4P 4C9 | |
| In-person program. Meet new friends, discuss topics related to healthy living and wellness, and learn from guest speakers on topics of your choice and more! | | | |
|  Weight. Diet. Health | Dates: Feb 5-Mar 12, 2026 | Day: THUR | Time: 10:00am-11:00am |
| Program Contact: Cindy Sabolic Email: csabolic@vaughanchc.com Phone: 905-303-8490 ext. 2642 | | Location: Virtual. Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device | |
| Free community program facilitated by a Community Dietitian to learn about the role of healthy eating and its impact on your overall health; proper weight management; healthy weight. | | | |

This calendar can be provided in an alternative format.

FEBRUARY 2026 HEALTH PROMOTION PROGRAM DESCRIPTIONS

If registering by phone, please leave your name and contact information on the facilitator's voicemail and the facilitator will call you back. Calls from facilitators are made from a BLOCKED/PRIVATE number.

ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+):

| | | | |
|--|----------------------------|---|----------------------|
|  Empowered Minds: Building Life Skills Together (Youth, Ages 14-18) | Dates: Feb 12-Mar 19, 2026 | Day: THUR | Time: 4:30pm-5:30pm |
| Program Contact: Jennyvie Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601 | | Location: Virtual. Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device | |
| A psychoeducational program designed to support youth from ages 14 to 18. In this program, participants will gain a deeper understanding about the connection between their thoughts, feelings, emotions, and behaviours. Through weekly interactive activities, participants will learn how to identify and challenge unhelpful thinking and behaviours as well as develop skills to deal with difficult situations. This program will cover grounding techniques, relaxation, balanced thoughts, and effective communication skills. | | | |
|  Restful Sleep (Ages: 16+) | Dates: Feb 5-Mar 12, 2026 | Day: THUR | Time: 2:30pm-4:00pm |
| Program Contact: Jennyvie Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601 | | Location: Virtual. Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device | |
| A 6-week comprehensive virtual program designed to enhance your sleep quality. In the sessions, participants will learn the science of sleep, better sleep techniques, and learn how to manage their mood and over-thinking. | | | |
|  EarlyON program: Infant Massage | Dates: Feb 19-Mar 26, 2026 | Day: THUR | Time: 9:30am-11:30am |
| Program Contact: Zaynah Cadogan Email: zcadogan@vaughanchc.com Phone: 905-303-8490 ext. 2687 | | Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7 | |
| This program promotes nurturing touch and communication. It teaches parents how to massage their baby, read their baby's cues, and helps with bonding and attachment. Certified instructors will support and encourage parents to trust their ability and intuition as part of the process. It's a great way to connect with other families and educators. *Please be advise all new families are required to fill out a one-time registration form with Vaughan Community Health Centre | | | |
|  Palentine's Day (Ages: 12-25) | Dates: Feb 12, 2026 | Day: THUR | Time: 3:30pm-5:30pm |
| Program Contact: Zaynah Cadogan Email: zcadogan@vaughanchc.com Phone: 905-303-8490 ext. 2687 | | Location: In person at YWHO (Youth Hub on 3rd floor) Suite 321-9401 Jane Street, Maple ON, L6A 4H7 | |
| Let Celebrate friendship this year with a night of: sweet treats, pal-entine's crafts, music and games! | | | |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---------------|
| Feb 2 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 | Feb 3 <ul style="list-style-type: none"> Diabetes Group Session (In-person) 1:00pm-3:00pm ext. 2637 | Feb 4 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 | Feb 5 | Feb 6 |
| Feb 9 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 | Feb 10 | Feb 11 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 | Feb 12 | Feb 13 |
| Feb 16 <p style="text-align: center;">VCHC closed - Family Day</p> | Feb 17 | Feb 18 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 | Feb 19 | Feb 20 |
| Feb 23 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 | Feb 24 <ul style="list-style-type: none"> COPD Virtual Support Group 1:30pm-3:00pm ext. 2671 | Feb 25 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 | Feb 26 <ul style="list-style-type: none"> Diabetes Group Session (In-person) 5:30pm-7:30pm ext. 2637 | Feb 27 |
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If registering by phone, please leave your name and contact information on the facilitator's voicemail and the facilitator will call you back. Calls from facilitators are made from a BLOCKED/PRIVATE number.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| Feb 2 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 | Feb 3 <ul style="list-style-type: none"> Total Body Conditioning (in-person) 1:15pm-2:15pm/ 2:30pm-3:30pm ext. 2671 Step It Up (In-person) 6:00pm-6:45pm ext. 2671 | Feb 4 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm | Feb 5 <ul style="list-style-type: none"> Low Impact Exercise (In-person) 11:00am-12:00pm ext. 2671 Total Body Conditioning (Virtual) 5:15pm-6:15pm ext. 2671 Step It Up (In-person) 6:00-6:45pm ext. 2671 Energize with Exercise (Virtual) 6:30pm-7:30pm | Feb 6 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671 |
| Feb 9 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 | Feb 10 <ul style="list-style-type: none"> Total Body Conditioning (in-person) 1:15pm-2:15pm/ 2:30pm-3:30pm ext. 2671 Step It Up (In-person) 6:00pm-6:45pm ext. 2671 | Feb 11 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm | Feb 12 <ul style="list-style-type: none"> Low Impact Exercise (In-person) 11:00am-12:00pm ext. 2671 Total Body Conditioning (Virtual) 5:15pm-6:15pm ext. 2671 Step It Up (In-person) 6:00-6:45pm ext. 2671 Energize with Exercise (Virtual) 6:30pm-7:30pm | Feb 13 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671 |
| <p style="text-align: center;">VCHC closed - Family Day</p> | Feb 17 <ul style="list-style-type: none"> Total Body Conditioning (in-person) 1:15pm-2:15pm/ 2:30pm-3:30pm ext. 2671 Step It Up (In-person) 6:00pm-6:45pm ext. 2671 | Feb 18 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm | Feb 19 <ul style="list-style-type: none"> Low Impact Exercise (In-person) 11:00am-12:00pm ext. 2671 Total Body Conditioning (Virtual) 5:15pm-6:15pm ext. 2671 Step It Up (In-person) 6:00-6:45pm ext. 2671 Energize with Exercise (Virtual) 6:30pm-7:30pm | Feb 20 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671 |
| Feb 23 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 | Feb 24 <ul style="list-style-type: none"> Total Body Conditioning (in-person) 1:15pm-2:15pm/ 2:30pm-3:30pm ext. 2671 Step It Up (In-person) 6:00pm-6:45pm ext. 2671 | Feb 25 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm | Feb 26 <ul style="list-style-type: none"> Low Impact Exercise (In-person) 11:00am-12:00pm ext. 2671 Total Body Conditioning (Virtual) 5:15pm-6:15pm ext. 2671 Step It Up (In-person) 6:00-6:45pm ext. 2671 Energize with Exercise (Virtual) 6:30pm-7:30pm | Feb 27 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671 |
| | | | | |

FEBRUARY 2026 EXERCISE EDUCATION GROUP PROGRAMS

How to Register for Virtual Physical Education Programs:

1. Call the VCHC at (905) 303-8490 Ext.2 for registration information
2. Participants will be screened for eligibility i.e. age of participant and program of interest
3. Eligible participants will be invited to registration
4. At registration, participants will:
 - a) be screened by a Registered Kinesiologist to ensure participants are cleared for group exercise
 - b) complete registration forms

Please note: Fitness instructors will not provide personal training

For more information visit: www.vaughanchc.com

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|---|--|----------------------------|---|
|  Total Body Conditioning (Virtual) | Dates: Oct 20, 2025-Mar 23, 2026 Dates: Oct 16, 2025-Mar 12, 2026 Dates: Oct 17, 2025-Mar 13, 2026 | Day: MON THUR FRI | Time: Monday-9:00am-10:00am/10:00am-11:00am Thursday-5:15pm-6:15pm Friday-10:00am-11:00am/11:00am-12:00pm |
| Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 | | | Location: Online Platform Program will be offered on Zoom. Access to internet and working video/microphone on phone, tablet, or computer device |
| An integrative exercise class that will work all areas of the body. Focuses on improving, cardiovascular fitness, strength, coordination and flexibility. | | | |
|  Total Body Conditioning (In-person) | Dates: Oct 14, 2025-Mar 10, 2026 | Day: TUE | Time: 1:15pm-2:15pm Time: 2:30pm-3:30pm |
| Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 | | | Location: In Person Suite 106 (Entrance A), 9401 Jane Street, Vaughan, ON |
| An integrative exercise class that will work all areas of the body. Focuses on improving, cardiovascular fitness, strength, coordination and flexibility. | | | |
|  Chair Yoga (Virtual) | Dates: Oct 15, 2025-Mar 11, 2026 | Day: WED | Time: 2:00pm-3:00pm |
| Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 | | | Location: Online Platform Program will be offered on Zoom. Access to internet and working video/microphone on phone, tablet, or computer device |
| Aims to provide the opportunity for everyone to learn basic yoga postures. Yoga goes hand in hand with meditation, which together can improve stress, concentration, physical health. | | | |
|  Energize with Exercise (Virtual) | Dates: Oct 16, 2025-Mar 12, 2026 | Day: THUR | Time: 6:30pm-7:30pm |
| Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 | | | Location: Online Platform Program will be offered on Zoom. Access to internet and working video/microphone on phone, tablet, or computer device |
| Circuit exercise class with a focus on the prevention and management of chronic conditions, improves, balance + coordination, muscular strength + endurance, mobility + flexibility. | | | |
|  Step It Up (In-person) | Dates: Oct 14, 2025-Mar 10 2026 Dates: Oct 16, 2025-Mar 12, 2026 | Day: TUE Day: THUR | Time: 6:00pm-6:45pm Time: 6:00pm-6:45pm |
| Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 | | | Location: In Person Suite 206 (Entrance B), 9401 Jane Street, Vaughan, ON |
| This full body fitness class incorporates resistance training and cardiovascular training all in one. This program is meant to be a “step up” from the other classes available in the Chronic Disease Centre. | | | |

This calendar can be provided in an alternative format.

FEBRUARY 2026 EXERCISE EDUCATION GROUP PROGRAMS

How to Register for Virtual Physical Education Programs:

1. Call the VCHC at (905) 303-8490 Ext.2 for registration information
2. Participants will be screened for eligibility i.e. age of participant and program of interest
3. Eligible participants will be invited to registration
4. At registration, participants will:
 - a) be screened by a Registered Kinesiologist to ensure participants are cleared for group exercise
 - b) complete registration forms

Please note: Fitness instructors will not provide personal training

For more information visit: www.vaughanchc.com

| | | | |
|--|----------------------------------|-----------|---|
|  Low Impact Exercise (In-person) | Dates: Oct 16, 2025-Mar 12, 2026 | Day: THUR | Time: 11:00am-12:00pm |
| Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 | | | Location: In Person Suite 206 (Entrance B), 9401 Jane Street, Vaughan, ON |

This program focuses on improving your overall strength and endurance. Safe and easy to do movements. Gain confidence and ability to progress to more intense programs.





Don't have a Family Doctor or Nurse Practitioner for your ongoing health care needs? We can help.

Vaughan Community Health Centre is accepting new clients for primary care services. Please call 905-303-8490 ext. 1 to be added to the waitlist.

For more information:

-  905-303-8490 ext. 1
-  www.vaughanchc.com
-  9401 Jane Street Suite 206, Vaughan ON, L6A 4H7

  A Different Kind of Healthcare 




VCHC Community Ambassadors

Are you looking to educate the African, Caribbean, Black and Newcomer at your community groups, place of worship or organization about Type 2 Diabetes? We're here to support you!

OUR SERVICES INCLUDE



Tabling at Events
Engage with our team, collect resources, and ask questions in person.



Health Presentations
Presentations to raise awareness about Type 2 Diabetes and promote healthy living. Available both In-Person or Virtually!



Community Education & Awareness
We collaborate with you to create health-conscious, informed spaces where everyone thrives



Referral Services
We can refer you to VCHC Primary health physician, dietician, system navigation team, social workers and others

Why Type 2 Diabetes Awareness Matters?
Early detection saves lives
Lifestyle changes can prevent or delay onset
Community knowledge builds healthier futures

TO BOOK A PRESENTATION OR EVENTS
EMAIL: ekuzel@vaughanchc.com
CALL: Liz (905)303- 8490 ext 2627

 [@vaughan_chc](https://twitter.com/vaughan_chc)
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 [@vaughancommunityhealthtre](https://instagram.com/vaughancommunityhealthtre)
 www.vaughanchc.com

Please let us know if you need any specific accommodations. This flyer is available in an alternative format.

This calendar can be provided in an alternative format.