

DOORSTEPS

NEIGHBOURHOOD SERVICES



Community Development Programs & Services in 3 Northwest Toronto Neighbourhoods – Chalkfarm, Daystrom & Falstaff

SENIORS GROUP

*Come and participate in different workshops!!!
Meet different people in your community*

- ❖ *Exercise group for breathing and heart*
- ❖ *Diabetes early detection workshop*
- ❖ *Workshops regarding health issues by public health*
- ❖ *Fitness group*
- ❖ *Stress relieving game*
- ❖ *Ways to adjust to life in Canada s*
- ❖ *Cultural festivals*
- ❖ *Nutrition and health issues*



*Location: Doorsteps Neighborhood Services at Daystrom Room #114
For more information contact Daljit Padwal at: 416-740-0413*