

Stonagate Community Health Centre News:

1. Free Stroke Prevention and Nutrition Workshops:

**A) Colour It Up Stroke Prevention Workshops**

Have you ever had a stroke? Do you suffer from high blood pressure, diabetes, heart disease, high cholesterol or poor eating habits, putting you at risk of stroke?

*Colour It Up* is a series of 6 workshops provided by a Registered Dietitian that will help you get the knowledge, skills and confidence you need to lower your risk of stroke and enjoy the health benefits of eating plenty of fruits and vegetables.

When: Every Wednesday from April 21 until May 26, 2010

Time: 9:30 am—11:30 am

Cost: Free with gifts handed out each week.

Where: Stonegate CHC at 150 Berry Road. Free Parking in the Stonegate Plaza

To Register: Please call (416) 231-7070 and press “0” to book your spot

**B) Nutrition Month Cooking Series**

As part of Nutrition Month’s focus on the health benefits of good food, Stonegate CHC is delivering 4 hands-on, educational cooking workshop in March. Each session is FREE and recipes will be prepared and shared. Sessions will be held from 6:30 – 8:00 pm at Stonegate CHC, 150 Berry Road on:

- Tuesday, March 9/10
- Tuesday, March 16/10
- Tuesday, March 23/10
- Tuesday, March 30/10

Space is limited and registration is required. Call (416) 231-7070 ext. 229

**2. March 8, 2010 - Special Meeting of Stonegate Community Association Members:**

Will be held from 6:30—7:30 pm on Monday, March 8, 2008. The meeting is open to all SCA members for the purpose of discussing and voting on changes to the Association’s By-Laws and to hear about new Strategic Directions. All SCA members, family members, friends and community residents are also welcomed and encouraged to attend.

New members wanted! Since 1985 the Stonegate Community Association has been an active voice for the residents living in the Stonegate/Park Lawn neighbourhood. Originally formed to address tenant-landlord issues and community and social concerns, the SCA has since grown to support our community in a number of ways, most notably by initiating and planning the Stonegate Community Health Centre.

By becoming a member of the Stonegate Community Association you are helping to contribute to the committed work that the Association has been accomplishing in the community, including the election of

members to join the Board of Directors, responsible for governing the Stonegate Community Health Centre.

2010 membership is being offered free of charge! To learn more and to become a member please call (416) 231-7070, e-mail us at [info@stonegatechc.org](mailto:info@stonegatechc.org), or visiting our website at [www.stonegatechc.org](http://www.stonegatechc.org) and follow the *Become a Member of Stonegate CHC* link to complete the handy on-line form.

### **3. March 8, 2010 - International Women's Day Celebration:**

Monday, March 8, 2010 is International Women's Day (IWD), a global day celebrating the economic, political and social achievements of women past, present and future.

In celebration, Stonegate CHC is hosting a special event celebrating the countless contributions of local women and all community members are welcome to attend. Participants can enjoy displays, information, resources, a guest speaker and refreshments. Join us on:

Monday March 8, 2010, from 7:30 - 8:30 pm

At Stonegate CHC 150 Berry Road.

### **4. Free Income Tax Return Clinics:**

Ward 5 residents whose total household income (with dependents) is below \$25,000, or below \$17,000 without dependents are welcome to have their income tax returns completed for free by a Chartered Accountant. This year, income tax return clinics will be held at Stonegate Community Health Centre on Wednesday, March 10/10 and Monday, March 22/10 from 6:00 pm— 9:00 pm. Please note, individuals with rental income and/or business income *do not qualify* for the free CA Tax Clinics program, regardless of the amount of income. **This is not a drop-in service and advance registration is required.** Please call Joe at (416) 231-7070 ext. 246 to find out if you qualify for this service and to book your appointment.