

# December 2017 PROGRAM CALENDAR

## Diabetes Education

- **Diabetes Pole Walking**  
Friday December 1, 9:30am
- **Healthy Feet and Eating for a Healthy Heart**  
Friday, December 1, 2pm - 4pm
- **Diabetes Living - Part 1**  
Friday, December 8, 10am - 1pm
- **Diabetes Living - Part 2**  
Friday, December 15, 10am - 1pm

## Dental Clinic

For Children & Seniors; By Appointment Only

Monday to Thursday: 8:30 am - 8:00 pm

Friday: 8:30 am - 4:30 pm

Saturdays 8:30 am - 4:30 pm

Please call 905-602-0520 for more information.

## LGBTTIQQ2S+ Program

Snacks and Transit Fare will be provided to participants.

For More Info or to Register for the Advisory Committee:

Contact Sawyer at 905.602.4082 ext.455 or sawyerp@lampchc.org

## PFlag

PFLAG Mississauga, December 5, 7pm - 9pm

P FLAG Mississauga is a community run support open to any family or loved one, with a focus on those with loved ones who identify with Trans & Gender-Diverse Populations.

No Pre-registration required

[1-888-530-6777 x567](tel:1-888-530-6777)

[www.pflagcanada.ca](http://www.pflagcanada.ca)

- **Trans Activate Drop-In** (Registration not required)  
Wednesdays, 6pm - 8pm  
*A weekly supportive and social space for members of Trans & Gender-Diverse Communities. Join us for art, games, discussion and more.*
- **QX Drop-In** (Registration not required)  
Thursdays, 6pm - 8pm  
*A weekly drop-in support and social group for members of LGBTTIQQ2S+ communities.*
- **LGBT+ Yoga**  
Monday December 11 & 18, 6:30pm - 7:30pm

## Seniors Wellness Programs

Registration Required for all Seniors programs:

Call 905-602-4082 ext 454

- **Tai-Chi**  
Tuesday December 5, 10:00am - 11:30am
- **International Folk Dance**  
Wednesday December 6, 10am - 11:30am
- **Exercise**  
Thursday December 7, 11am - 12pm

## Commissioner of Affidavits

Friday, December 29, 9:00am - 1:00pm

The Commissioner helps with Affidavits, True Copies, & Form Filling, including Name Change Applications for trans\* folks.

Registration Required: Call Reception at 905-602-4082 & Press 0



## East Mississauga Community Health Centre

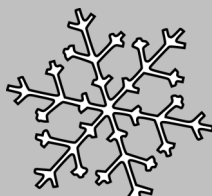









All programs listed  
are located at  
**EMCHC**, unless  
otherwise noted.

### Off-Site Locations:

**AT** Applewood Trail

Call 416 252 1928 ext 299 for location information

# December 2017

MON	TUE	WED	THU	FRI	SAT/SUN
  		  	 	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; gap: 10px;"> <span style="width: 15px; height: 15px; background-color: #90EE90; border: 1px solid black;"></span>           Diabetes: ☎️            Pole Walking <b>AT</b>  <b>9:30am</b> </div> <div style="margin-top: 20px;"> <span style="width: 15px; height: 15px; background-color: #90EE90; border: 1px solid black;"></span>           Diabetes: ☎️            Healthy Feet &amp;            Eating for a healthy            Heart  <b>2pm - 4pm</b> </div> </div>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; gap: 10px;"> <span style="width: 15px; height: 15px; background-color: #FF0000; border: 1px solid black;"></span>           Dental Clinic            Open ☎️  <b>8:30am - 4:30pm</b> </div> <div style="margin-top: 20px;">  </div> </div>

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**East Mississauga CHC**  
7-2555 Dixie Rd, Mississauga, ON L4Y 4C4  
Tel: 905.602.4082 Fax: 905.602.5432  
[www.eastmississaugachc.org](http://www.eastmississaugachc.org)

EMCHC HOURS

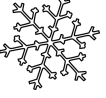































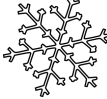

















"Building a Healthy Community"



United Way  
Peel Region










# December 2017 EVENTS CALENDAR (CONTINUED)

MON	TUE	WED	THU	FRI	SAT/SUN
4  	5  Seniors Tai-Chi ☎ <b>10am - 11:30am</b>  PFlag Mississauga <b>7pm - 9pm</b>	6  Seniors International Folk Dance ☎ <b>10am - 11:30am</b>  Trans Activate Drop - In <b>6pm - 8pm</b>	7  Seniors Exercise ☎ <b>11am - 12pm</b>  QX Drop-In <b>6pm - 8pm</b> 	8  Diabetes: ☎ Living Part 1 <b>10am - 1pm</b> 	9 Dental Clinic Open ☎ <b>8:30am - 4:30pm</b>  10 
11  LGBT+ Yoga <b>6:30pm - 7:30pm</b>  	12 	13  Trans Activate Drop - In <b>6pm - 8pm</b> 	14  QX Drop - In <b>6pm - 8pm</b>  	15  Diabetes: ☎ Living Part 2 <b>10am - 1pm</b>  	16 Dental Clinic Open ☎ <b>8:30am - 4:30pm</b>  17 
18  LGBT+ Yoga <b>6:30pm - 7:30pm</b> 	19  	20  Trans Activate Drop - In <b>6pm - 8pm</b> 	21  QX Drop - In <b>6pm - 8pm</b> 	22 EMCHC Closes at <b>2pm</b> 	23 Dental Clinic Open ☎ <b>8:30am - 4:30pm</b> 24 
25  	26  	27  Trans Activate Drop - In <b>6pm - 8pm</b> 	28  QX Drop - In <b>6pm - 8pm</b> 	29  Commissioner of Affidavits ☎ <b>9am - 1pm</b> EMCHC Closes at <b>2pm</b>  	30 Dental Clinic Open ☎ <b>8:30am - 4:30pm</b>  31 

All programs listed are located at EMCHC, unless otherwise noted.

**Off-Site Locations:**

**AT** Applewood Trail  
Call 416 252 1928 ext 299 for location information

-  DENTAL HEALTH CARE
-  DIABETES EDUCATION
-  HEALTH CARE
-  MENTAL HEALTH & WELLNESS PROGRAM
-  MISCELLANEOUS
-  SENIORS' PROGRAM
-  LGBTTIQQ2S+ (QUEER & TRANS) PROGRAM
- ☎ Registration / Appointment Required

**We Would Love To Hear From You!** Please contact us with any feedback about any aspect of East Mississauga CHC. You can leave a written message in any of our several "Comment Boxes" located in the Waiting Room. EMCHC is a scent-free environment.

This calendar is not a complete list of all the wonderful programming we offer here at EMCHC.

(CALENDAR CONTINUED ON BACK)