

St. Joseph's Family Medicine/Urban Family Health Team invites you to join us for our

2017-18 Interprofessional Patient Education Series



Discussing challenging topics with your teenager

Healthy Parenting
Thursday, Sept. 28
6-7:30 p.m.



What does healthy lifestyle and balance mean?

Healthy Lifestyle and Balance
Thursday, Oct. 19
6-7:30 p.m.



50+: Everything you ever wanted to know

Women's Health
Thursday, Nov. 16
6-7:30 p.m.



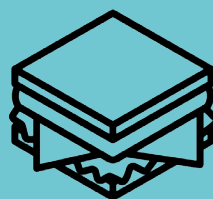
Me? Stressed?

Anxiety management and mental wellness
Tuesday, Dec. 12
1-3:30 p.m.
5:30-7 p.m.



We'll figure it out

All you need to know about men's health
Thursday, Jan. 18
6-7:30 p.m.



Feeling sandwiched

Healthy caregivers
Tuesday, Feb. 13
5:30-7 p.m.

All sessions are 90 minutes long.

To register for any of the sessions, please call us at 416-530-6947.

You are welcome to register for as many sessions as you like.

Learn more at www.stjoestoronto.ca/familyhealthteam.

**ST
JOSEPH'S**
HEALTH CENTRE TORONTO