



Community Health & Wellbeing Month

October
2025



Community Health & Wellbeing Events at Rexdale CHC

- **Oct 7,14,21,28:** Dancing with Diabetes
- **Oct 4:** Nuit Blanche with Mabelle Arts
- **Oct 8 & 22:** Socacize
- **Oct 9:** Lunch & Learn: Mental Health
- **Oct 14:** Diabetes Prevention Workshop
- **Oct 15:** Francophone Health Promotion Navigation Day
- **Oct 18:** Apple Picking
- **Oct 20&27:** Heart Health Workshops
- **Oct 21 & 23:** Workplace Health Screening



CENTRE DE SANTÉ COMMUNAUTAIRE
REXDALE
COMMUNITY HEALTH CENTRE