



Take your health into your own hands, safely and effectively!

Safe Self Care Workshops 2020

Clients, Caregivers & Family Members are Welcome

SESSIONS ARE FREE (kits included)

ALL CLASSES ON HOLD DUE TO COVID 19

Tuesday, May 12	Hamilton Mountain Site 688 Queensdale St East – 3rd Floor	1:00 – 3:00 pm
Friday, June 12	Compass Main Site PLUS DIABETES SESSION with Nurse	9:30 – 11:30 am
Thursday, June 18	Hamilton Mountain Site 688 Queensdale St East – 3 rd Floor	10:00 am - noon
Tuesday, Sept 22	Compass Main Site PLUS DIABETES SESSION with Nurse	1:30 – 3:30 pm
Friday, Nov 20	Compass Main Site PLUS DIABETES SESSION with Nurse	9:30 – 11:30

To pre-register please call : 905 523-0090



Compass Community Health - Main Site
438 Hughson Street North

Hamilton Mountain Satellite Clinic
688 Queensdale Ave. East – 3rd Floor