



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES



The LADIES LOUNGE

CONNECT • LEARN • GROW

A monthly women's group focused on
health, wellness, and community.



THE LAST
WEDNESDAY
OF EVERY MONTH

 5:00 – 7:00 PM



LOCATION

**SCARBOROUGH VILLAGE
RECREATION CENTER**

3600 Kingston Rd,
Scarborough, ON
M1M 1R9

CONTACT US:

 BHT@schcontario.ca

 416-847-4158



JULY
29th
2026



**Know Your Numbers:
Taking Charge of Your Blood Pressure**

AUGUST
26th
2026



**Small Steps, Big Results:
Preventing Prediabetes Together**

SEPTEMBER
30th
2026



**Early Detection Saves Lives:
Understanding Women's
Cancer Screening**

OCTOBER
28th
2026



**Nourish & Flourish:
Eating Well and Moving More**

NOVEMBER
25th
2026



**Beating the Winter Blues:
Caring for Your Mind and Mood**

DECEMBER
10th
2026



**Creating Your Best Self:
A Health Vision Board Workshop**

JANUARY
27th
2027



Sleep Well, Live Well (Virtual)

FEBRUARY
24th
2027



**Embracing Change:
Menopause and Life Transitions (Virtual)**

MARCH
31
2027



**Your Health Matters:
Cervical Screening Pop-up Event**

