

# Rexdale Community Health Centre

8 Taber Road, Etobicoke, Ontario M9W 3A4 Tel: 416-744-0066 Fax: 416-744-1881  
 SATELLITE OFFICE B/427 COMMUNITY CENTRE ,609 The East Mall Unit 32 -Tel: 416-621-2515

## HEALTH SERVICE CALENDAR March 2010

Sun / Closed	Mon / 9:00-8:00 pm	Tue / 9:00-5:00 pm	Wed / 9:00-8:00 pm	Thu / 9:00-5:00 pm	Fri / 9:00-5:00 pm	Sat / 9:00-2:00
	<b>1</b> 8:00- 4:00 Dental Services 9:00-8:00 Medical Services 9:00-8:00 Foot Care 9:00-8:00 Nutrition Counseling 9:00-5:00 Diabetes Education	<b>2</b> 8:00-4:00 Dental Services 9:00-5:00 Medical & FootCare 9:00-5:00 Diabetes Education 9:00-5:00 Nutrition Counseling	<b>3</b> 8:00-4:00 Dental Services. 9:00-8:00Medical&FootCare 9:00-5:00 Diabetes Educ. 9:00-5:00Nutrition Counseling 3:00-8:00 Sexual Health Clinic	<b>4</b> 8:00-4:00 Dental Services. 9:00-5:00Medical&FootCare 9:00-5:00 Diabetes Educ. 9:00-5:00Nutrition Counseling	<b>5</b> 8:00-4:00 Dental Services 9:00-5:00 Medical & FootCare 9:00-12:00 Nutrition Counseling 9:00-5:00 Diabetes Educ.	<b>6</b> 9:00-2:00 Medical Services  International women day 10:00-2:00
<b>7</b>	<b>8</b> 8:00- 4:00 Dental Services 9:00-8:00 Medical Services 9:00-8:00 Foot Care 9:00-8:00 Nutrition Counseling 9:00-5:00 Diabetes Education	<b>9</b> 8:00-4:00 Dental Services 9:00-5:00 Medical & FootCare 9:00-5:00 Diabetes Education 9:00-5:00 Nutrition Counseling	<b>10</b> 8:00-4:00 Dental Services. 9:00-8:00Medical&FootCare 9:00-5:00 Diabetes Educ. 9:00-5:00Nutrition Counseling 3:00-8:00 Sexual Health Clinic	<b>11</b> 8:00-4:00 Dental Services. 9:00-5:00Medical&FootCare 9:00-5:00 Diabetes Educ. 9:00-5:00Nutrition Counseling	<b>12</b> 8:00-4:00 Dental Services 9:00-5:00 Medical & FootCare 9:00-12:00 Nutrition Counseling 9:00-5:00 Diabetes Educ.	<b>13</b> "9:00-2:00 Medical Services
<b>14</b>	<b>15</b> 8:00- 4:00 Dental Services 9:00-8:00 Medical Services 9:00-8:00 Foot Care 9:00-8:00 Nutrition Counseling 9:00-5:00 Diabetes Education	<b>16</b> 8:00-4:00 Dental Services 9:00-5:00 Medical & FootCare 9:00-5:00 Diabetes Education 9:00-5:00 Nutrition Counseling	<b>17</b> 8:00-4:00 Dental Services. 9:00-8:00Medical&FootCare 9:00-5:00 Diabetes Educ. 9:00-5:00Nutrition Counseling 3:00-8:00 Sexual Health Clinic	<b>18</b> 8:00-4:00 Dental Services. 9:00-5:00Medical&FootCare 9:00-5:00 Diabetes Educ. 9:00-5:00Nutrition Counseling	<b>19</b> 8:00-4:00 Dental Services 9:00-5:00 Medical & FootCare 9:00-12:00 Nutrition Counseling 9:00-5:00 Diabetes Educ.	<b>20</b> 9:00-2:00 Medical Services
<b>21</b>	<b>22</b> 8:00- 4:00 Dental Services 9:00-8:00 Medical Services 9:00-8:00 Foot Care 9:00-8:00 Nutrition Counseling 9:00-5:00 Diabetes Education	<b>23</b> 8:00-4:00 Dental Services 9:00-5:00 Medical & FootCare 9:00-5:00 Diabetes Education 9:00-5:00 Nutrition Counseling	<b>24</b> 8:00-4:00 Dental Services. 9:00-8:00Medical&FootCare 9:00-5:00 Diabetes Educ. 9:00-5:00Nutrition Counseling 3:00-8:00 Sexual Health Clinic	<b>25</b> 8:00-4:00 Dental Services. 9:00-5:00Medical&FootCare 9:00-5:00 Diabetes Educ. 9:00-5:00Nutrition Counseling	<b>26</b> 8:00-4:00 Dental Services 9:00-5:00 Medical & FootCare 9:00-12:00 Nutrition Counseling 9:00-5:00 Diabetes Educ.	<b>27</b> 9:00-2:00 Medical Services
<b>28</b>	<b>29</b> 8:00- 4:00 Dental Services 9:00-8:00 Medical Services 9:00-8:00 Foot Care 9:00-8:00 Nutrition Counseling 9:00-5:00Diabetes Education	<b>30</b> 8:00-4:00 Dental Services 9:00-5:00 Medical & FootCare 9:00-5:00 Diabetes Education 9:00-5:00 Nutrition Counseling	<b>31</b> 8:00-4:00 Dental Services. 9:00-8:00Medical&FootCare 9:00-5:00 Diabetes Educ. 9:00-5:00Nutrition Counseling 3:00-8:00 Sexual Health Clinic			



### Health service OUTLINE

#### Rexdale Community Health Centre

**Dental Services** For children (14 & under) ESL HIGH SCHOOL students and seniors (65 +) with low income. More info./ book an appointment  
**Call: 416-338-1790**

**Medical Services:** This service provides medical care for people of all ages; health care for pregnant women and their babies; health information and education. More information or to book an appointment.  
**Call the Medical Secretary: 416-744-0066 press 1**

**Chiropody (Foot Care):** This service specializes in providing complete family foot care for diabetic children, seniors and adults. The services include: provision of orthotics & orthopedic shoes, physical therapies, sport medicine, nail care and foot care.

**Nutrition Counseling and Services** provides guidelines for eating a healthy diet; assist in planning meals for special diets (e.g. diabetes). Also provides nutrition services to agencies & groups.

**Diabetes Education Centre:** This service provides education for the management of type 2 & gestational diabetes. Self blood glucose monitoring. Medication management and benefits of exercise.

**Sexual Health Clinic** Nurse Practitioner is available to discuss any sexual health needs; pregnancy testing, counseling & referral; birth control information & prescriptions; testing & treatment for Sexually Transmitted Diseases "STDs"; HIV Testing (Anonymous if desired) and general sexuality info. For more info. Or to book an appointment.  
**Call the Medical Secretary at 416-744-0066 press 1**

**IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT PLEASE CALL 416-744-0066 press 1**

**24 HOURS BEFORE YOUR APPOINTMENT**

If you would like more information, please call 416-744-0066 Any concerns or suggestions?  
 Drop us a note in our suggestion box located in the lobby at the centre OR  
 Call the Clinical Director, Simon Cheng at 416- 744-6312 ext 234 or E-mail : simon.cheng@rexdalechc.com