

Health and Wellness Workshops and Services

for all ages offered by Primary Care Family Health Teams and Community Health Centres across Niagara



June is Seniors' Month in Ontario. What better time than now to introduce the collective work being done by Health Promoters from Primary Care Family Health Teams and Community Health Centres across Niagara, to better plan and promote Health and Wellness Workshops and Services for all ages.

Health Promoters from the organizations listed here, as well as our partners at Niagara Connects and INCommunities, are working together to co-design a more user friendly one-stop hub to share information and to strengthen how we can connect people to Health and Wellness Workshops and Services in Niagara.

Family Health Teams and Community Health Centres provide a broad range of health services, including exercise programs, caregiver support, health education, and much, much more!

While the centralized hub is still in development, you can visit the websites of a Family Health Team or Community Health Centre near you to learn more about what they offer their members and the community

