

Feeling Healthy Together

A Message from our Executive Director

Spring is a time for renewal, which is especially important this year.

Spring brings the promise of longer days, budding trees, and blooming bulbs. We are swapping our heavy coats and boots for windbreakers and umbrellas.

This is the time of the year when our Team reviews our progress and plants the seeds for our programs in the upcoming year. Our New Year began on April 1, 2022...no fooling!

Our focus continues to be your needs, your concerns and your safety. We are maintaining our virtual programs and services with a gradual shift back to in-person groups when it is safe for all of us to do so. We are all here for your everyday needs, including in-person visits.

Check out our website or the next time you are in have a look at our information boards. Ask your Clinician if there is something you would like to know.

I am always interested in hearing from you and if you have something you would like to share with me or ask me a question, please email me at anfamilyhealthteam@gmail.com

Be safe, be healthy and most importantly be kind!

Mary-Jane Rodgers
Executive Director



02 April Showers
bring May
Flowers

03 - Take a hike!

04- Program
Spotlight

April Showers bring May Flowers!

As the weather gets warmer and our gardens start to bloom we could use all the tips and tricks to keep our flowers and plants in top shape!



1. Grow Borage for Bees

- To have bees in the garden to get an early crop of vegetables- borage attracts bees!



2. Get Creative with Containers

- For an interesting planter, fill old garden work boots or an old lunch box with soil. Don't forget to provide drainage holes!

3. Attract Hummingbirds to Stop Aphids

- Hang a hummingbird feeder above your rose bushes to keep aphids away.



4. Plant Lettuce Under Tomatoes

- The tomato plants shade the lettuce, which likes less sunlight and cooler temperatures

5. Keep Roses Healthy With Chives

- Keep bugs from your rose plants by planting chives around them

6. Recycle Flatware in the Flower Garden

- Old butter knives from garage sales or secondhand stores are great for small weeding jobs. Keep one in the corner of each flower bed and vegetable garden to save time.



Take a Hike!

By Susan Dubrovinsky - IT/Admin Assistant

Now that the weather is getting warmer, it time to get outside and get active!
Check out these awesome trail recommendations in the greater Toronto area!

ALL TRAILS

All trails is an amazing resource where you can sign up and discover all the trails near you- including their length and difficulty. You can even read reviews from people who have already visited the trail.

<https://www.alltrails.com/lists/gta-trails--11>

NEWMARKET TRAILS AND BICYCLE PATHS!

<https://www.newmarket.ca/LivingHere/Pages/Parks,%20Trails%20and%20Sport%20Fields/Newmarket-Trails.aspx>

TRAIL RECOMMENDATION!

If you are looking for a trail not too far from the Aurora- Newmarket area, look no further. Oak Ridges trail at Seneca College offers a 2 hour trail for hiking or running. Dogs are welcome (on leashes) and the views are amazing!



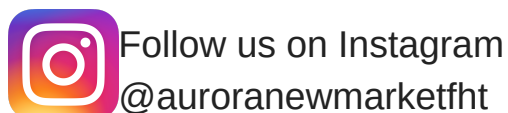


UPCOMING PROGRAM SPOTLIGHT

EATING THE MEDITERRANEAN WAY

Back by popular demand! Our Mediterranean Diet program is back just in time for summer. Learn all about the amazing benefits of a Mediterranean diet with our Registered Dietitian and a Community Dietitian.

Virtual Zoom Program Sessions:
June 1, 2022 @4:30pm-6:00pm
June 8, 2022 @4:30-6:00pm



Visit
our
Website

**If you are interested in attending this group session, please email
inquiries@auroranewmarketfht.ca
or call 905-898-2240.**