

HEALTH PROMOTION



Health Promotion Program

What is Health Promotion Program?

Health Promotion Program provides awareness and education on various health issues including chronic diseases. Research shows that the South Asian community is at higher risk for heart disease and diabetes.

PCHS has started work in the following areas as well – Hep C, Tobacco, Stroke, HIV-AIDS, Cancer, Kidney disease, TB prevention. PCHS is partnering with other service providers to deliver services to the South Asian Community.

Diabetes prevention program is provided under the 'Healthy Lifestyle Program for South Asian Community' initiative. This is a two year project funded by the Ministry of Health Promotion.

Who can benefit?

South Asian Community

What are the major benefits?

The benefits are substantial and include:

- Services are in English, Punjabi, Hindi, and Urdu
- PCHS is training Community Health -Educators to educate the South Asian community about diabetes education and management.
- Resources are also available on many other health promotion topics.

How are referrals made?

If you would like to become a Community Health Educator, please call PCHS program manager. Referrals are made by calling 905.677.0889. Community Based Agencies, Religious leaders, Family Members, Family Physicians and individuals may make a referral.

Where is the Program located?

Community Health Educators (CHE) for diabetes education and management will be trained at 2829 Derry Road East, Mississauga, Ontario, L4T 1A5. The CHE's will educate the community on an ongoing basis.

What are the hours of operation?

Monday to Friday from 9:00 a.m. to 5:00 p.m.

Diabetes Education Clinic

This program is provided by William Osler Hospital at two PCHS locations.

Who can benefit?

The South Asian clients who need diabetes treatment and management education.

Diabetes Clinic - Monday and Thursday at 11730 Airport Rd, Brampton, L6R 0C7
Diabetes Clinic - Friday at 2829 Derry Road East, Mississauga, Ontario, L4T 1A5

How are referrals made?

Referrals are made by calling William Osler Hospital at: **905. 494.6214**

Hours of operation:

From 8:30 to 4:30 pm

