

NORTH PEEL FAMILY HEALTH TEAM

SPRING NEWSLETTER 2024

North Peel Family Health Team is committed to providing the Brampton community with comprehensive and accessible healthcare, effectively and efficiently. We believe this begins with support from dedicated interdisciplinary healthcare providers, with the right skills and expertise, delivering care at the right time.

In-Person Programs

10- week Weight-loss
Walking
Chair yoga
Mat yoga
Staying Sturdy (bone health)
Smoking cessation

Virtual Programs

Diabetes education
CHANGE program
Smoking cessation

Details available on our website at
npfht.com
OR
Contact the office for registration
905-459-2181.

Program Spotlight: DIABETES EDUCATION

In-person or virtual education
facilitated by our Registered Dietitian.
Learn about:

- Prediabetes and Type 2 Diabetes
- Risk Factors
- Preventing Complications
- Manage or Prevent Diabetes
- How to manage what you eat
- Living an active and balanced life

Follow us:



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LET'S CELEBRATE



March is Nutrition Month
&
March 20th is Dietitian's Day

March is Pharmacy appreciation month

March 4th - 10th is Social Work Week

Dietitian services covered by OHIP

Available to Brampton residents.
Contact the office at 905-459-2181 for an appointment.



PATIENT EXPERIENCE SURVEY

Help us to better understand and improve your care. Your responses help to enhance every aspect of your care

<https://www.npfht.com/your-experience>

Same-day/urgent after-hours services

Available to registered patients on Monday, Tuesday, Wednesday and Thursday evenings.
Contact your doctor's office for an appointment.

Walk-in for registered patients

18 Kensington Road, Suite 301
Saturdays 9:00am -11:30am

Walk-in for all patients

157 Queen Street East, Suite 210
Saturdays 9:00am-1:00pm



NEW DOCTOR ACCEPTING PATIENTS

Dr. Raza will be joining the practice in April 2024. Those looking for a family doctor can complete the intake form located on our website at <https://www.npfht.com/whats-new>

Completed forms can be returned via email to info@npfht.com.



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