

## DURHAM DIABETES EDUCATION PROGRAMS



DIABETES EDUCATION PROGRAM	ADDRESS	PHONE
1. † West Durham Family Health Team	1885 Glenanna Rd, Pickering, L1V 6R6	(905) 839-4900
2. Rouge Valley Health System - Ajax-Pickering	580 Harwood Ave S, Ajax, L1S 2J4	(905) 683-2320
3. Ontario Shores Centre for Mental Health Sciences	700 Gordon St, Whitby, L1N 5S9	(905) 430-4055
4. Lakeridge Health Corporation - Whitby	300 Gordon St, Whitby, L1N 5T2	(905) 576-8711
5. Oshawa Community Health Centre	115 Grassmere St, Oshawa, L1H 3X7	(905) 723-0036
6. Lakeridge Health Corporation - Courtice	Courtice Health Centre, 1 <sup>st</sup> Floor, 1450 Highway 2, Courtice, L1E 3C3	(905) 576-8711
7. Charles H. Best Diabetes Centre (Type 1)	360 Columbus Rd E, Whitby, L1M 1Z5	(905) 620-0360
8. Lakeridge Health Corporation - Port Perry	451 Paxton Street, Port Perry, L9L 1L9	(905) 576-8711
9. Markham Stouffville Hospital - Uxbridge	4 Campbell Drive, Uxbridge, L9S 1S4	(905) 852-9771
10. Brock Community Health Centre	1 Cameron St E, Cannington, L0E 1E0	(705) 432-3322

† **Rostered patients only**

*Inquire regarding the availability of diabetes education programs at satellite locations.*

### DURHAM COMMUNITY RESOURCES

#### Foot Care

**Note: Service Fees May Apply**

#### Ajax

##### Chiropodist

			Extended Hours
Ajax Foot Clinic	48 Church St S, L1S 6B3	(905) 426-3338	Y
Harwood Foot Clinic	1 Rossland Road W, Ste 202A, L1Z 1Z2	(905) 239-9020	Y

##### Podiatrist

Dr. Kel Sherkin	95 Bayly St W, Ste 200, L1S 7K8	(905) 686-3900	
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#### Bowmanville

##### Chiropodist

			Extended Hours
Clarington Foot Clinic	116 King St E, L1C 1N5	(905) 623-8202	Y
King Physiotherapy & Foot Clinic	222 King St E Ste 101, L1C 1P6	(905) 623-4050	Y

#### Oshawa

##### Chiropodist

			Extended Hours
Coldstream Clinic	501 Coldstream Dr, L1K 3B3	(905) 576-4604	
Glazier Medical Footcare	11 Gibb St, L1H 2J9	(905) 728-3668	
Oshawa Foot Care Centre	117 King St E, L1H 1B9	(905) 721-3566	
Park Road Physiotherapy & Foot Clinic	64 Park Road N, L1J 4L1	(905) 438-1500	

##### Foot Care Nurse

Oshawa Senior Citizens Centre	43 John St, L1H 1W8	(905) 576-6712	x2847
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#### Pickering

##### Chiropodist

AXIS Family Footcare	21 - 1822 Whites Rd, L1V 4M1	(905) 831-8666	Y
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Chiropractic Centre for Optimum Health	1550 Kingston Rd Unit 208, L1V 1C3	(905) 420-7231		Y
Pickering Chiropractic Clinic	1885 Glenanna Rd, L1V 6R6	(905) 831-3939		
<b>Port Perry</b>				<b>Extended Hours</b>
<b>Chiropodist</b>				
Mayne Foot Care	462 Paxton St, L9L 1L9	(905) 985-2895	x0	
<b>Uxbridge</b>				<b>Extended Hours</b>
<b>Chiropodist</b>				
Mayne Foot Care	2 Campbell Drive Ste 100A, L9P 1H6	(905) 852-2187		
<b>Podiatrist</b>				
Paul Leszner	29 Toronto St S Ste 202, L9P 1V9	(905) 852-0391		
<b>Whitby</b>				<b>Extended Hours</b>
<b>Chiropodist</b>				
Durham Family Footcare Clinic & Wellness Centre	#29 - 1801 Dundas St E, Kendalwood Plaza, L1N 7C5	(905) 725-3849		
Family Care Foot Clinic	3800 Brock St N, L1R 3A5	(905) 665-0155		Y
The Footcare and Orthotic Centre	1615 Dundas St E, L1N 2L1	(905) 436-2265		
Whitby Family Footcare Clinic	420 Green St Unit 107, L1N 8R1	(905) 668-8233		
<b>Podiatrist</b>				
Durham Podiatry Associates	15 Thickson Rd N Unit1, L1N 8W7	(905) 433-0200		Y
<b>Physical Activity</b>				
<b>Free or Nominal Fee for Participation</b>				
<b>Ajax</b>				
Ajax Seniors Friendship Club	46 Exeter Rd, L1S 2J8	(905) 686-1573		<a href="http://www.townofajax.com">www.townofajax.com</a>
Newcomers to Canada Walking Together	65 Harwood Ave S, L1S 2H9	(905) 686-2661	x132	<a href="http://www.townofajax.com/Page2423.aspx">www.townofajax.com/Page2423.aspx</a>
Town of Ajax	65 Harwood Ave S, L1S 2H9	(905) 427-8811	x7515	<a href="http://www.townofajax.com/Page133.aspx">www.townofajax.com/Page133.aspx</a>
Village Seniors Friendship Club	29 Linton Ave, L1T 3A7	(905) 683-8460		<a href="http://www.townofajax.com">www.townofajax.com</a>
<b>Brooklin</b>				
Brooklin Community Centre & Library	8 Vipond Rd, L1M 1B1	(905) 655-2010		<a href="http://www.whitby.ca/index.php?page=157">www.whitby.ca/index.php?page=157</a>
<b>Cannington</b>				
Brock Community Health Centre	1 Cameron St E, L0E 1E0	(705) 432-3322		<a href="http://www.brockchc.ca">www.brockchc.ca</a>
Brock Physical Activity Network	1 Cameron St E, L0E 1E0	(705) 432-2355	x228	
<b>Oshawa</b>				
City of Oshawa	99 Thornton Rd S, L1J 5Y1	(905) 436-5454	x0	<a href="http://leisure.oshawa.ca">http://leisure.oshawa.ca</a>
Durham YMCA	99 Mary St N, L1G 8C1	(905) 438-9622		<a href="http://www.ymcagta.org">www.ymcagta.org</a>
Oshawa Centre	419 King St W, L1J 2K5	(905) 728-6231		<a href="http://www.oshawacentre.com">www.oshawacentre.com</a>
Oshawa Community Health Centre	115 Grassmere Ave, L1H 3X7	(905) 723-0036	x214	<a href="http://www.ochc.ca">www.ochc.ca</a>
Oshawa Senior Citizens Centres	43 John St W, L1H 1W8	(905) 576-6712		<a href="http://www.oscc.ca">www.oscc.ca</a>
<b>Pickering</b>				
East Shore Community Centre	910 Liverpool Rd, L1W 1S6	(905) 420-6588	x2078	<a href="http://www.cityofpickering.com">www.cityofpickering.com</a>
Pickering Recreation Complex	1867 Valley Farm Rd, L1V 3Y7	(905) 683-6582		<a href="http://www.cityofpickering.com">www.cityofpickering.com</a>
Pickering Town Centre	1355 Kingston Rd, L1V 1B8	(905) 683-7171		<a href="http://www.pickeringtowncentre.com">www.pickeringtowncentre.com</a>
<b>Port Perry</b>				
Township of Scugog	181 Perry St, L9L 1A7	(905) 985-8698	x101	<a href="http://www.scugog.ca">www.scugog.ca</a>
<b>Uxbridge</b>				
Town of Uxbridge	51 Toronto St S, PO Box 190, L9P 1T1	(905) 852-0095	x400	<a href="http://www.town.uxbridge.on.ca">www.town.uxbridge.on.ca</a>
<b>Whitby</b>				
Durham Public Health Department	605 Rossland Rd E, L1N 6A3	(905) 668-7711		<a href="http://www.durham.ca">www.durham.ca</a>
Whitby Seniors' Activity Centre	801 Brock St S, L1N 4L4	(905) 430-4300	x6506	<a href="http://www.whitby.ca/index.php?page=157">www.whitby.ca/index.php?page=157</a>