

Local Health and Wellness Services

HEALTHONE TORONTO

Virtual consultations for Naturopathic Services, Psychotherapy, Physiotherapy, Dietitian Services.

110 Harbour Street

(416) 663-5433

[Website](#)

LAKEFRONT CLINICS

Virtual/phone appointments for General Family Health Medicine, Allergy Treatment, Prescriptions and refills.

550 Queens Quay West

(647) 347-0576

[Website](#)

HARBOURFRONT CHIROPRACTIC

Reduced hours for patients with acute pain.

5 Rees Street

(416) 260-0082

[Website](#)

HARBOURFRONT MEDICAL

By appointment only: Physiotherapy, Naturopathy, Travel Consultation, Aviation Medical

4 – 8 York Street

(416) 366-2273

[Website](#)

HARBOURFRONT EYE CARE

By appointment for emergencies only. Eye wear orders shipped to your home.

476 Queens Quay West

(416) 644-0405

[Website](#)

HARBOUR DENTAL CARE

Open for dental emergencies only.

8 – 12 Yonge Street

(416) 214-9119

[Website](#)

1CLINIC

Phone appointments for General Family Health Medicine, Mental Health Counseling and Naturopathic Services.

K – 16 Yonge Street

(416) 258-2551

[Website](#)

SWAT HEALTH

Virtual appointments for Chiropractic, Physiotherapy, Athletic Therapy and Naturopathic Services

207 Queens Quay West (inside Queens Quay Terminal)

(289) 297-7928 ext. 3

[Website](#)

Pharmacies

REXALL

88 Queens Quay West (2nd floor)

(416) 607-5552

[Website](#)

HARBOURFRONT MEDICINE CABINET

1 – 8 York Street

(416) 366-3669

[Website](#)

BLOOM PHARMACY

266 Queens Quay West

(416) 977-0970

[Website](#)

REMEDY'SRX LAKEFRONT MEDICAL CLINIC

14 – 550 Queens Quay West

(647) 340-7730

[Website](#)

SHOPPER'S DRUG MART

110 – 390 Queens Quay West

[Website](#)

Fitness Studios

TRIBE FITNESS

Online HIIT, Yoga and Cycle classes with free IG LIVE workout classes twice a week.

100 – 10 Lower Spadina Avenue

(647) 729-5008

[Website](#)

SWAT HEALTH

Online Personal Training and Coaching.

207 Queens Quay West (in Queens Quay Terminal)

(289) 297-7928 ext. 3

Website

COMMON GROUND

Online Personal Training, Assessments and free IG LIVE workout classes every day.

10 – 550 Queens Quay West

(647) 460-7880

Website

PURE FITNESS CANADA

Online Muay Thai, Strength Training, Yoga and Functional Mobility workout videos

1 York Street (3rd floor)

(647) 429-3700

Website

CROSSFIT 416

Online Custom Programs, Nutrition Coaching, Personal Training.

112 – 290 Queens Quay West

(476) 901-0416

Website