

CAMROSE

# healthy

LIVING CENTRE

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YOUR LIFE,  
YOUR  
CHOICE,  
YOUR  
HEALTH

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## DOES HEALTHY EATING INTEREST YOU?

### COME AND CHECK OUT THESE UPCOMING COURSES

#### Nutrition for Bone and Joint Health

*Wed, Sept 10 \*or\* Oct 8 \*or\* Nov 5; 1:15—2:30 pm; MSK Clinic*

For people waiting for joint surgery or for those living with a joint issue, this class is for you! Learn the role of nutrition in bone and joint health management, identify personal goals and strategies to optimize nutrition and identify other resources to assist you with your health. **To register for this class, call the MSK Clinic at 780 678 3400.**

#### Healthy Eating Starts Here

*Thurs, Sept 25; 10—11:30 am*

Healthy eating starts where you live, work, learn and play. Healthy Eating Starts Here: Steps to a Healthier You helps Albertans understand what it means to eat healthy and how to make personal changes in their eating habits where they live, work, learn or play.

#### Virtual Grocery Store Tour: Supermarket Savvy!

*Wed, Oct 15; 1:30—3 pm*

Thousands of products line the shelves of every grocery store! How can you cut through the clutter of logos and clever marketing and get to the core of what it means to be a healthy eater? Learn about how you can start making healthier food choices for you and your family from the comfort of your chair!

#### Smart Nutrition: Nutrition for Memory

*Tues, Oct 21; 1:30—3 pm*

Learn how what you eat can affect your mind, brain and body health in this session led by our Registered Dietitian.

#### Healthy Eating Starts Here: Hold the Salt

*Thurs, Nov 6; 10—11:30 am*

Learn about the health consequences of eating too much sodium, where sodium is found and strategies to reduce your sodium intake.

#### Surviving the Season: Top 10 Nutrition Tips for the Holidays

*Tues, Nov 25; 6:30—8 pm*

Learn the top tips to navigating the holidays with your healthy lifestyle in mind!

# GET MOVING!

## WITH OUR EXCITING EXERCISE COURSES



### Duggan Mall Walkers

*Every Tues, and Thurs, beginning Tues, Oct 14; 9—11 am*

Don't let old man winter get you down - join us for a fun, social, and rewarding winter walking program. Make new friends and share some laughs as you walk your way to better health. Runs until mid April.

### Duggan Mall Walkers: Education Sessions

*Mon, Nov 10 and Dec 8; 11:00—12 pm; MSK Clinic*

The Duggan Mall Walkers like to walk the walk, and talk the talk! Join us for once monthly education seminars on various health topics. Stop by the Mall Walkers booth for more information.

### Standing on Your Own: An Adult Balance Group

*Every Tues, 1:30—3 pm*

Have you fallen recently or worry that you will fall? Do you feel unsteady or feel your balance has changed? This free program could be what you are looking for. Led by a Physical Therapist and Rehabilitation Assistant, it includes education about fall prevention, group exercise and an individualized program for you!

### Perfecting Your Posture

*Fri, Nov 21, 1:30—3:30 pm*

Do you suffer from a sore back, stiff shoulders and neck pain? Poor posture could be the cause. Attend this free postural education seminar for simple ways to address your pain and discomfort. You will learn exercises to strengthen your posture, stretches to relieve the aches and pains, and tips to improve your posture on a daily basis.

### Bone-tastic: Exercise for Healthy Bones

*Call the Healthy Living Centre for upcoming dates and times!*

Exercise can help prevent bone loss and stimulate the cells to build new bone. It is also one of the best ways to help prevent fractures. This 4 week exercise program, geared towards individuals with osteoporosis or osteopenia, will teach participants safe balance, posture, and strength exercises and give the opportunity to practice them in a supervised environment. First session meets at the Healthy Living Centre.

## Coming Soon!

### Happiness 101

Happiness is a state of mind. This 6 session workshop teaches you the tools and strategies you need to bring more happiness and better health into your life.

Learn how to turn that frown upside down!

**Call the Healthy Living Centre for upcoming dates and times!**

# Train Your Brain



## EXERCISE YOUR BRAIN! WITH OUR EXCITING EDUCATION COURSES

### Memory Enhancement Series

*Thurs, Sept 18 finishing Oct 23; 1:30pm – 3:00pm*

Do you want to learn how your memory works and what you can do to keep it sharp? This course includes how memory works, stay sharp strategies, nutrition and much more!

### Living Well with Osteoarthritis

*Thurs, Oct 2–30; 1:30–3 p.m. Cost \$10/person*

If you have osteoarthritis, this 5 session program will provide you with in depth information on many related topics to help with self-management, such as nutrition, therapeutic exercise, medication, joint protection and help in understanding the disease. Sessions are held weekly and are led by an interdisciplinary health team.

### Arthritis 101

*Thurs, Sept 25, 1:30–3 pm*

This free 1 1/2 hour session includes a brief overview of the two most common types of arthritis: osteoarthritis and rheumatoid arthritis. Learn about their risk factors, warning signs, diagnosis and self management strategies.

### Are You Sabotaging Your Sleep?

*Two-part Series Tuesdays Nov 6 & 13, 1:30pm – 3:00pm*

Are you tossing and turning or waking up at night? This two session course teaches you about sleep, its importance and strategies to help you fall asleep and stay asleep.

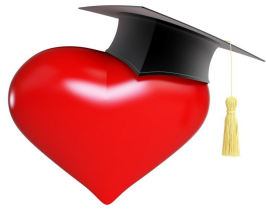
# Coming Soon!

## Better Choices, Better Health

*Living Well with Chronic Disease*

***Call 780-608-8683 or 1-877-314-6997 to pre-register for upcoming sessions!***

Do you want to learn how you can better manage your chronic health condition? This 6 week hands-on workshop teaches you how to properly manage your health and live a happy, productive, and fulfilling life!



# PROTECT YOUR HEART!

## WITH OUR HEART SAVVY COURSES

Learn how to make positive lifestyle changes to optimize your health & reduce your chances of developing heart disease or stroke.

Our professional staff will provide you with practical tips and personalized goals to spur you on to better health!

The sessions run on a 6 week rotation and take place on **Wednesdays from 1—2 p.m.** in the Exercise Physiology Lab.

Call to confirm dates for each topic.

### Meds & Me

*Sept 3 \*or\* Oct 15 \*or\* Nov 26*

This session will cover what medications are used to treat cardiac diseases, and their risk factors. Led by a pharmacist, this session will give you an understanding of how your medications work.

### Heart & Lungs

*Sept 10 \*or\* Oct 22*

This session explains the anatomy and physiology of the cardiovascular and respiratory systems, and how the relationship between them optimizes cardiac health.

### Use It or Lose It

*Sept 17 \*or\* Oct 29*

This session covers the essential strength exercises and stretches to get your body reconditioned after a cardiac event. You will learn how to begin strength training, or how to get back into it safely.

### Making Positive Changes and Setting Goals

*Sept 24 \*or\* Nov 5*

Making lifestyle changes can be overwhelming. This session will review the steps of making changes and teach individuals goal setting strategies and relaxation techniques.

### Heart Wise: Nutrition for Heart Health

*Oct 1 \*or\* Nov 12*

"Good food is good medicine" is a phrase which alludes to the fact that good food holds all the nutrients we need to keep our bodies healthy and free of illness. Heart disease is largely a preventable disease which is influenced by our food and lifestyle choices. At this session, learn the most important tips to improve your heart and blood pressure health.

### Energy Conservation

*Oct 8 \*or\* Nov 19*

This session will teach you how to determine for yourself what activities you are able to do safely, how to pace yourself, and evaluate the energy requirements of various tasks and activities.



# NORDIC POLE WALKING SESSIONS

Nordic walking is easy, fun, and low impact. It also is a very convenient way to increase the health benefits of walking for people of all ages and almost all fitness levels. The use of poles also improves balance and increases one's confidence for walking. What's more, Nordic walking burns more calories than regular walking which makes it a great choice if you are trying to become more physically fit.

Poles available for participants to use at the clinic.

**Tues, Sept 9 and 16, and Thurs, Sept 11; 4:30—5:30 pm**

**Cost: \$10 /person.**

**Register by phoning the Healthy Living Centre  
at 780-608-8683.**

## WEIGHT WISE

## GROUP EDUCATION SESSIONS



These workshops focus on topics such as eating habits and patterns, nutrition, stress, emotional eating, setting goals and activity.

Anyone who may benefit from learning about weight management may attend these group education classes, but they are designed specifically for adults (18 years and older) with obesity.

Registration is not required—just drop in!

Tuesday, Sept 9	Lifestyle Change: A Toolkit for Success
Tuesday, Sept 16	Nutrition: The Truth About what works in Weight Management
Tuesday, Sept 30	Getting Started: Planning for Success
Tuesday, Oct 7	Nutrition: The Top 5 Tips to Reduce Calories
Tuesday, Oct 21	Part 1 Minding Stress: Effectively Reduce and Manage the Stress in Your Life
Tuesday, Oct 28	Part 2 Minding Stress: Effectively Reduce and Manage the Stress in Your Life
Tuesday, Nov 4	Managing Hunger and Appetite
Tuesday, Nov 18	Nutrition: I Know I Should Eat Healthy, but How?
Tuesday, Dec 2	Nutrition: Eating Away from Home and During Special Occasions**
Tuesday, Dec 9	Moving Matters: Include Physical Activity in Your Day

6:30pm—9:00pm;

Second Floor Meeting Room, Edgeworth Centre

\*\*Except for Dec. 2—meet in the Exercise Physiology Lab

For more information and last minute schedule changes, please contact the Healthy Living Centre at 780-608-8683.



# DO YOU STRUGGLE WITH CHRONIC PAIN? WE CAN HELP!

**For the classes below please call the  
Camrose Chronic Pain Clinic (780-678-3400)  
to register. All classes are located at the MSK & CRP clinic.**

## Living Well with Chronic Pain

*Thurs, Sept 11, 2:00—3:00 pm*

This session with Bonnie Klassen, OT, will provide valuable information and skills to assist you to manage your symptoms on a day to day basis, and to work with your health care providers to get the best care possible.

## Explain Pain

*Thurs, Oct 16, 1:30—2:30 pm*

This session with Mark Eggink, PT, will increase your understanding of how your brain interprets and modifies pain signals to “turn the volume up or down”. Learn how to open the “medicine chest in your brain” and make use of your body’s own natural pain killers.

## Relaxation for Pain Relief

*Thurs, Nov 6, 2—3 pm*

If you have health challenges or chronic pain, you will know that stress makes your symptoms worse. Yet, how many of us take the time to relax? In this class with Bonnie Klassen, OT, we will learn and practice basic strategies to gently help you to relax.

## Know Your Pain to Know Your Gain: Recovery from Low Back Pain

*Thurs, Nov 20, 1:30—2:30 pm*

“No pain, no gain” is no longer considered a useful saying. But, knowing your pain is the first step in the road to recovery with chronic pain. During this session, physiotherapist, Mark Eggink, explains how to take control of and recover from chronic low back pain!

## Fibromyalgia

*Thurs, Dec 4, 2—3 pm*

In this session with mark Eggink, PT, you will come to understand better why you feel the way you do and learn some strategies to help you cope. You will also meet others who understand what you deal with everyday!

## Coming Soon—Parkinson’s Disease Speech & Swallowing Group

Have you been diagnosed with Parkinson’s Disease? Have you noticed changes in your swallowing ability? Have people commented that they can’t hear or understand you? Is saliva control a problem for you? If you answered ‘yes’ to any of these questions, you may benefit from this group. Learn more about the effects of Parkinson’s Disease on speech, communication, swallowing, and saliva control and what strategies you can take advantage of to try and manage these progressive changes. The group will be facilitated by a Speech-Language Pathologist and will include hands-on practice and education on a variety of topics.

**Call Tawnya at 780-678-3417 to sign up for the sessions.**

Note: Sessions begin late September 2014-November 2014 – exact dates and times to be determined.



## **MOST CLASSES ARE FREE, BUT REGISTRATION IS REQUIRED**

Most of the classes offered by the Healthy Living Centre Team are free, but we do ask participants to pre-register for most classes. To register for classes, please call the Healthy Living Centre at 780 608 8683 unless otherwise is noted.

## **CHANGES IN SCHEDULE**

Circumstances out of our control may cause class changes at times. We reserve the right to change, cancel or alter programs while all efforts are made to best meet the needs of the participants.

## **PROGRAM IDEAS**

We are always looking for great program ideas. Please let us know if you have any course ideas! Your feedback and suggestions are always welcome!

**Please call the Healthy Living Centre at 780-608-8683 for the most updated information regarding programs and services.**

## **Healthy Lifestyles and Chronic Disease Programs**

Doctor Referral Needed

### **Breathe Easy:**

#### **Pulmonary Rehab**

*Call 780-678-3400*

*Every Tues/ Thurs at 10:00am*

Have you been diagnosed with a lung problem including:

- Chronic bronchitis
- Emphysema
- Pulmonary fibrosis
- Asthma

The Breathe Easy program is an 8 week program that combines education and exercise to help improve your capacity to do the things that you love.

### **Cardiac Rehabilitation Program**

*Call 780-608-8683*

*Every Mon/Wed at 11:00am or 1:00pm*

Have you had a recent cardiac event? This program is designed to strengthen the heart muscle and encourage a healthy lifestyle to prevent further cardiac events.

This is a 6 week program that combines education and exercise to help you regain your cardiovascular fitness.

### **Chronic Pain Program**

*Call 780-678-3400 for details*

The chronic pain program is for individuals who require a multi-disciplinary approach to find effective ways to manage their pain.

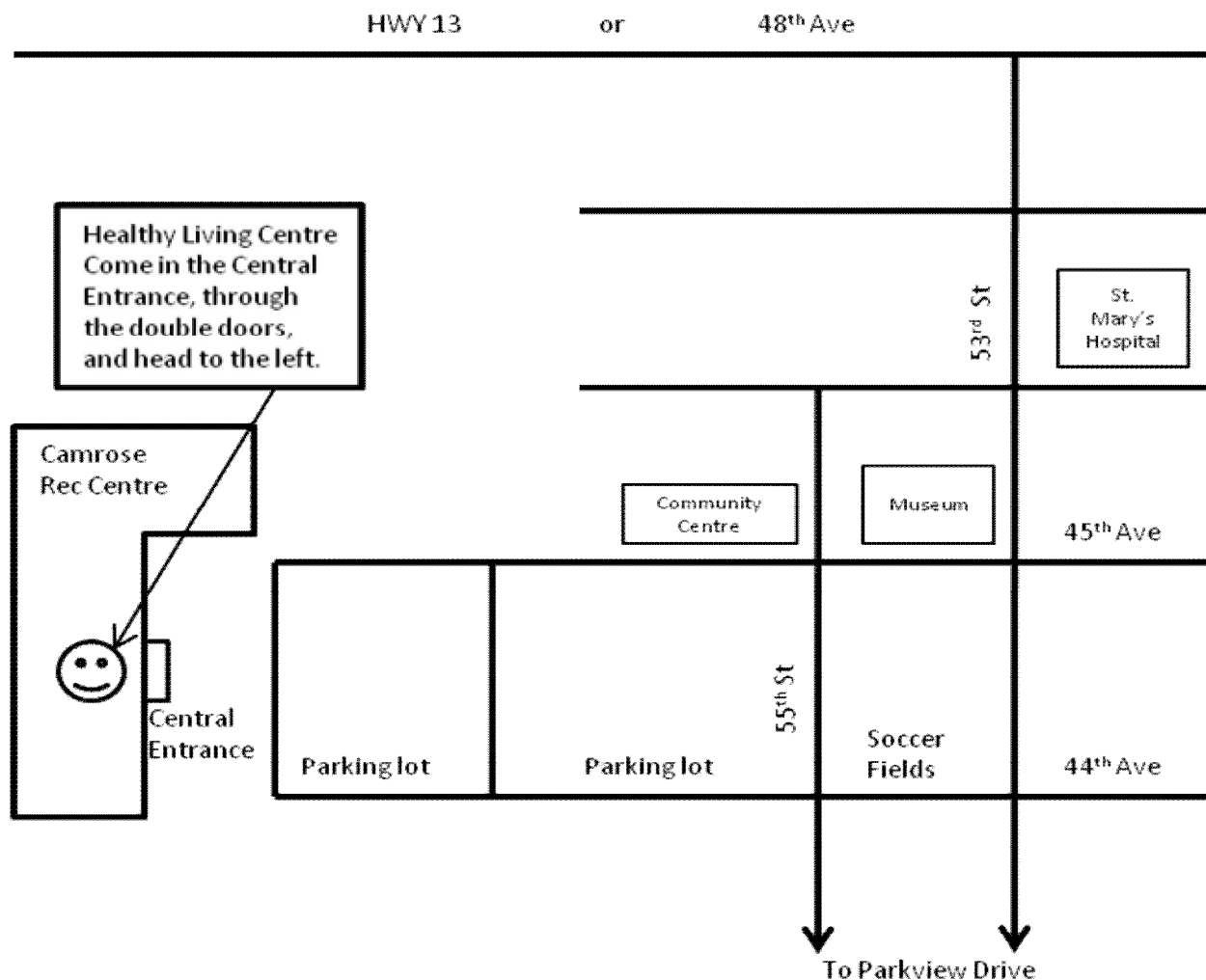
- Medication review
- Exercise
- Nutrition
- Stress management
- Pacing
- Relaxation
- Sleep hygiene
- And more!

# Healthy Living Centre

Suite #3 Camrose Recreation Centre (Central Entrance) Camrose, AB

**780-608-8683**

**Call for information, details, and registration**



Helping You Get Healthy and Stay Healthy!