

Healthy Lifestyles

Healthy Lifestyle – Stress Less

This 1 to 1 ½ hour workshop is for anyone who wants to learn ways to deal with or tips to reduce stress in their lives

- Learn how stress effects your body
- Learn to recognize your own signs of stress
- Sample some relaxation techniques
- Create goals to help better manage your stress

St Mary's Hospital
4607 – 53 St, Camrose
Thursday, 23 June, 6:00 – 7:30 PM

Healthy Lifestyle – Ready for Change

This 1 to 1½ hour workshop is for anyone who wants to learn more about making healthy lifestyles choice that will improve their health.

In this workshop you'll

- learn what a healthy lifestyle change means
- explore change ideas
- learn why it may feel hard to make changes
- learn ways to make changes that will work for you
- create goals to improve your health

Camrose Community Health Center
5510 – 46 Ave
Thursday, 14 July, 10:30 – 12:00 AM

Healthy Lifestyle – Sleep Well

This 1 to 1½ hour workshop is for anyone who wants to learn more about healthy sleep habits.

In this workshop you'll

- learn to recognize the link between good sleep and good health
- understand normal and abnormal sleep patterns
- learn why you may have trouble getting to sleep or staying asleep
- learn tips to help you sleep better
- create sleep goals

Camrose Community Health Center 5510 – 46 Ave
Thursday, 28 July, 10:30 – 12:00AM

Healthy Lifestyle – Time to Move

This 1 to 1½ hour workshop is for anyone who wants to learn more about being active and fit.

In this workshop you'll:

- learn what the benefits of physical activity are
- learn the difference between active living and exercise
- find out why time may be getting in the way of your physical activity goals
- come up with ideas to increase and maintain physical activity

Camrose Community Health Center.
5510 – 46 Ave
Thursday, 11 August, 10:30 – 12:00AM

TO Register Call 1-877-314-6997