

Sept Oct Nov 2016

“ Your
life,
your
choice,
your
health!”

CAMROSE

healthy

LIVING CENTRE

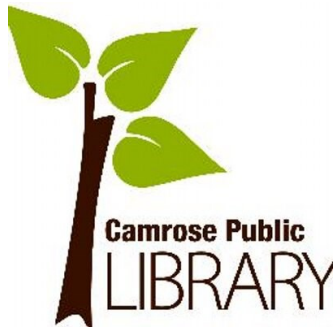
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**Interested
in one of
our
programs?**

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



HEALTH INFORMATION SESSIONS AT THE CAMROSE PUBLIC LIBRARY

Sessions run 1:30 to 3:00 pm at the Camrose Public Library. To register and for more information, contact the Camrose Public Library at 780-672-4214.

Osteoporosis 101 *Weds, Sept 14*

This free 1 ½ hour session includes an overview of osteoporosis, prevention and treatment. Learn more about important risk factors, and what you can do to keep your bones strong!

Cooking for One or Two *Weds, Nov 2*

Sometimes, cooking for one or two may seem like it's not worth the trouble; however, everyone needs a variety of foods to stay healthy. Homemade meals usually are more nutritious, better tasting and more economical, compared with restaurant meals. Cooking for one or two people can be simple and enjoyable! Learn how!

Communication Strategies for Dementia *Weds, Dec 7*

Do you know someone who has dementia? Is it becoming more and more challenging to communicate with them? Numerous strategies will be discussed in this seminar. Learn about how to better communicate with someone with memory challenges.

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.

**All classes run on Wednesdays from 6:30—9:00 pm., Meeting Room,
Second Floor of the Camrose Recreation Centre**

Sept 21	Lifestyle Change: A Toolkit for Success
Oct 19	Top 5 Tips to Reduce Calories
Nov 30	The Truth About What Works in Weight Management

These classes are free of charge,
but registration is required.
For more information and to register,
please call 1-877-314-6997.



COMING SOON! GLA:D CANADA™

Based on Good Life with OA in Denmark, the GLA:D Canada™ program is a nationwide evidence-based initiative that follows the current recommendations for the treatment of hip and knee osteoarthritis. In Denmark, this program has been shown to reduce the progression of symptoms by 36% in patients living with mild, moderate, and severe osteoarthritis, and may delay or prevent the need for surgical intervention. The program begins with two education sessions, followed by 6 weeks of supervised Neuromuscular exercise twice a week. Call for more information.



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 1:00—2:00 p.m. in the Exercise Physiology Lab. Call 780-608-8683 to confirm dates for each topic.

Meds and Me Sept 7 *or* Oct 19 *or* Nov 30

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.

Healthy Eating for a Healthy Heart Sept 14 *or* Oct 26

Heart disease is influenced by our food and lifestyle choices. At this session, learn the most important tips to improve your heart and blood pressure health.

Conservation and Compensation Sept 21 *or* Nov 2

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.

Making Positive Changes and Setting Goals Sept 28 *or* Nov 9

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 and Lungs Oct 5 *or* Nov 16

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 Oct 12 *or* Nov 23

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.



DO YOU STRUGGLE WITH CHRONIC PAIN?

**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 8, 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.

Mindfulness

Thurs, Sept 22, 2:00—3:00 pm

Introduction to Mindfulness Meditation with Bonnie Klassen, OT.

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

Thurs, Oct 6, 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!

Explain Pain

Thurs, Oct 20, 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

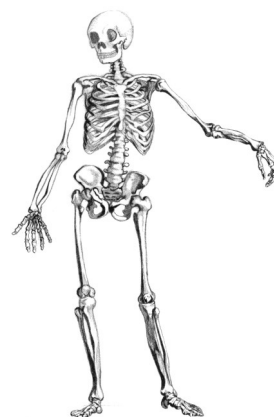
Thurs, Nov 10, 2:00—3:00 pm

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.

LIVING WELL WITH OSTEOPOROSIS

A 5 week program promoting self-management strategies for Osteoporosis. Topics include bone health, nutrition, preventing fractures, safe exercises, medication and safety in the home. Sessions are held once a week and are facilitated by an interdisciplinary health team. Thursdays Sept 29-Oct 27 (10:30-12:00 pm). Cost: \$10.00/person.

Call 780-608-8683 to register.





HEART WISE: MANAGING CHOLESTEROL AND BLOOD PRESSURE

This 3 hour comprehensive session is intended for people diagnosed with high blood pressure and/or high cholesterol (newly diagnosed or needing an update) as well as people diagnosed with risk factors of heart disease.

You will learn:

- Causes, risk factors and complications
- 6 nutrition tips to improve heart health
- Other lifestyle choices affecting heart health
- How to correctly take your own blood pressure
- Recommended blood pressure and lab values
- Importance of self-management
- Making lifestyle changes

TUESDAY, OCT 18, 9:00 AM—12:00 PM
FOR MORE INFORMATION AND TO REGISTER FOR THIS CLASS,
PLEASE CALL 1- 877-314-6997

SPEECH LANGUAGE PATHOLOGY: MAKING A DIFFERENCE ONE WORD AT A TIME



Vocal Strengthening Group *Starts Fall 2016; Thurs Mornings; Oct 20-Dec 8*

Do you or someone you love have Parkinson's disease? This weekly singing group will target improving your volume, speech clarity, and overall vocal strength for talking. For more information or to register, contact Tawnya or Amanda at 780-678-3417.

Parkinson's Speech and Swallowing Education Seminar *Starts Fall 2016; Tues Mornings; Sept 13-Oct 18*

Do you or someone you love have Parkinson's disease or a related neurological condition? This 6-week group will discuss the effects of Parkinson's Disease on speech, communication, swallowing and saliva control. Learn what strategies you can use to manage these progressive changes. Sessions will be 60 minutes and will include hands-on practice and education on a variety of topics. For more information or to register, contact Tawnya or Amanda at 780-678-3417.

Could I Have a Swallowing Problem? *Thurs, Oct 13, 2:00-3:00 pm*

Choking? Coughing? Feel like something is "stuck" when you swallow food, drinks or pills? If so, join this 45 minute seminar on signs and symptoms associated with swallowing difficulties and how you can help yourself or a loved one. Class located in the Alberta Health Services MSK & CRP Clinic, Camrose (across from x-ray in the Smith Clinic, Duggan Mall). No registration required – for more information contact Tawnya or Amanda at 780-678-3417.

Taking Care of Your Voice *Thurs, Nov 17, 2:00-3:00 pm*

Do you frequently lose your voice? Are you someone who uses your voice for your job? Have you noticed changes in how your speech or voice sounds? If so, join this 45 minute seminar to learn techniques and strategies to keep your voice healthy. Class located in the Alberta Health Services MSK & CRP Clinic, Camrose (across from x-ray in the Smith Clinic, Duggan Mall). No registration required – for more information contact Tawnya or Amanda at 780-678-3417.

HEALTHY LIFESTYLES AND CHRONIC DISEASE PROGRAMS

*The following programs require a physician referral.
If you feel one of these programs, would be of benefit to you,
please speak with your family physician.*

Cardiac Rehabilitation Program *Call 780-608-8683; Every Mon/Wed*

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. Physician referral required.

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 including medication review, exercise, nutrition, stress management, pacing, relaxation, sleep hygiene and more!

Pediatric Weight Management Program *Call 780-608-8683 for more information*

Are you concerned about your child's growth? The Pediatric Weight Management Program offers non judgmental behavioral counseling and support in making positive lifestyle changes for families whose children have a weight ahead of their height. This program is for children aged 2 to 18 years old. This service does require a physician referral. If you are concerned about your child's growth, please talk with your family physician.



**PLEASE CALL THE HEALTHY LIVING CENTRE
AT 780-608-8683
FOR THE MOST UPDATED INFORMATION REGARDING
PROGRAMS AND SERVICES.**

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!



GET MOVING! WITH OUR EXCITING EXERCISE COURSES

Standing on Your Own: An Adult Balance Group *Tuesdays; 1:30—3:00 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. Call the Healthy Living Centre at 780-608-8683 to register.

Breathe Easy Program: Pulmonary Rehabilitation *8 week program, Tues and Thurs, 10:00—12:30 pm, MSK Clinic in the Smith Clinic (6601 48 Ave.)*

The purpose of this program is to improve quality of life and functional capacity through respiratory rehabilitation which includes exercise, education and support. If you have been diagnosed with a chronic lung condition, such as COPD (Emphysema, Chronic Bronchitis), Pulmonary Fibrosis or Asthma, this program can slow down the progression of the disease, teach you to manage the disease and proper breathing techniques as well as improve muscle strength, endurance and quality of life. Program is free. Book now for the next session! To register, phone 780-678-3400 or email Jeannie.zimmel@ahs.ca.

NUTRITION FOR BONE AND JOINT HEALTH

***Wednesday, Sept 21 *or* Oct 5 *or* Nov 16;
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.

This class is free but registration is required!
For more information and to register,
please call the MSK Clinic at
780-678-3400.

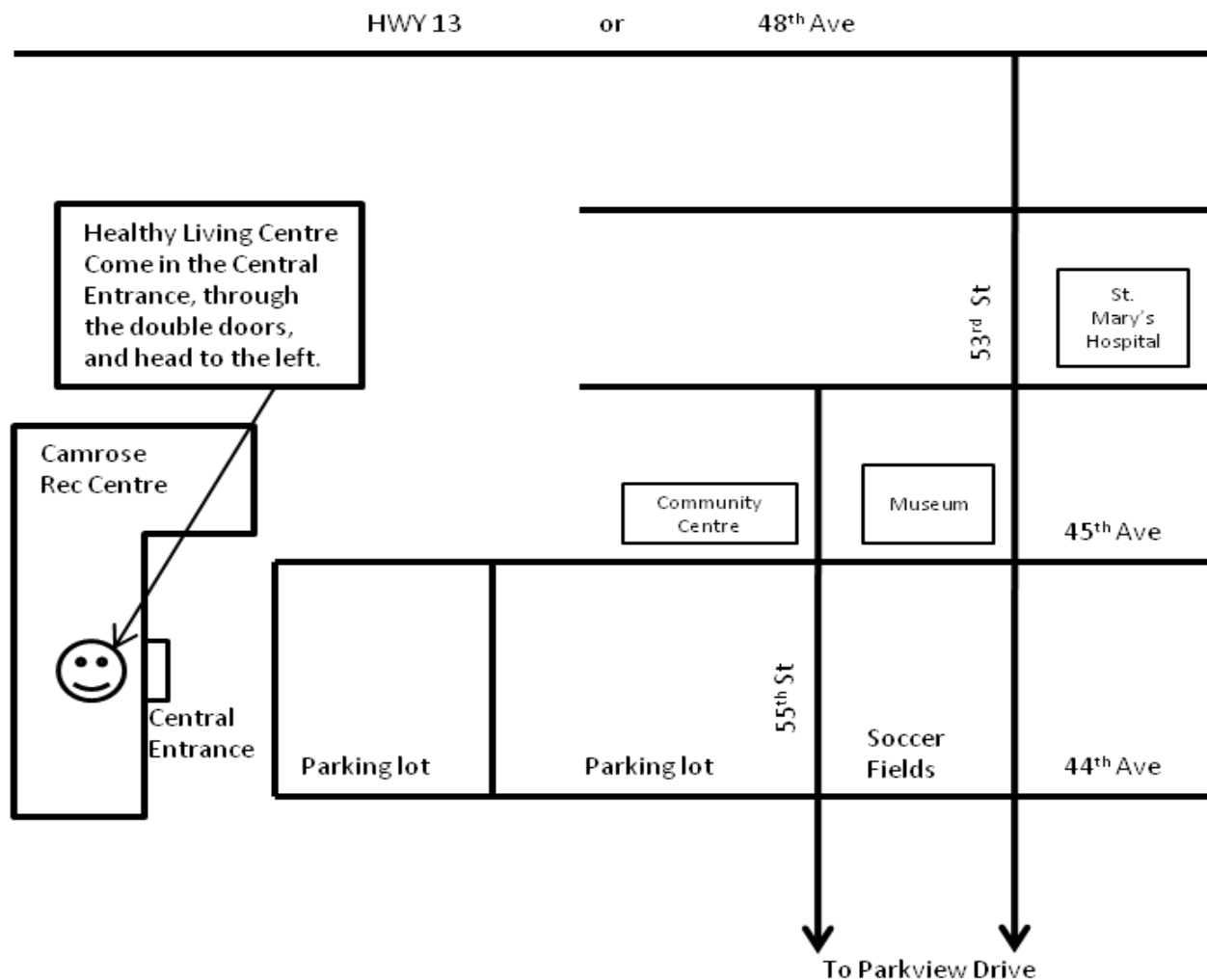


Healthy Living Centre

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!*