



**June July August
2017**

**Your
life,
your
choice,
your
health!**

CAMROSE
healthy
LIVING CENTRE

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

STANDING ON YOUR OWN: 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 FOR
 UPCOMING DATES
 AND
 TO REGISTER!

ALBERTA HEALTHY LIVING PROGRAM COURSES

These classes are free of charge, but registration is required.
For additional class dates, topics and to register,
please call **1-877-314-6997**.



GROUP EDUCATION SESSIONS

**All classes run on Wednesdays from 5:00—7:30 pm., Meeting Room,
Second Floor of the Camrose Recreation Centre**

Topics include:

- »The Truth About What Works in Weight Management
- »I Know I Should Eat Healthy. But, how?
- »Moving Matters
- »Eating Away From Home and Special Occasions
- »Top 5 Tips to Reduce Calories
- »Manage Stress



HEART WISE: MANAGING CHOLESTEROL & BLOOD PRESSURE

Tuesday, July 18th
9:00 am—12:00 pm

In this comprehensive 3 hour course, learn about the causes, risk factors and complications of high cholesterol and blood pressure, nutrition tips and other lifestyle choices that affect heart health and more!



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 (inside the Smith Clinic).**

Explain Pain *Thurs, June 8, 2:00—3:00 pm*

This session 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, July 13, 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, we will learn and practice basic strategies to gently help you to relax.

Mindfulness *Thurs, July 27, 2:00—3:00 pm*

Introduction to Mindfulness Meditation.

Know your Pain to Know your Gain: Recovery from Low Back Pain *Thurs, Aug 24, 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!

NUTRITION FOR BONE AND JOINT HEALTH

Weds, August 2

1:15—2:30 pm

MSK Clinic (inside the Smith 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.

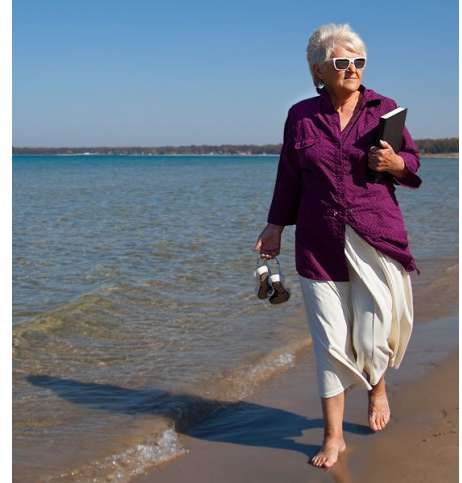
This class is free but registration is required! For more information and to register, please call the MSK Clinic at 780-678-3400.

GLA:D

CALL FOR UPCOMING SESSION DATES!

Based on Good Life with OA in Denmark, the GLA:D Canada TM 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 780-608-8683
for more information or to register.**



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. **Note: There is a \$30 fee for this program.**

Chronic Pain Clinic 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.

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.

Conservation & Compensation *Jun 7 *or* Jul 19 *or* Aug 30*

This session will review the cognitive changes that occur following a cardiac event and ways to compensate. You will also learn 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 *Jun 14 *or* Jul 26*

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 & Lungs *Jun 21 *or* Aug 2*

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 *Jun 28 *or* Aug 9*

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.

Meds & Me *Jul 5 *or* Aug 16*

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 **Aug 23**

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.

BREATHE EASY PROGRAM: PULMONARY REHABILITATION

Classes will resume in September!

*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!

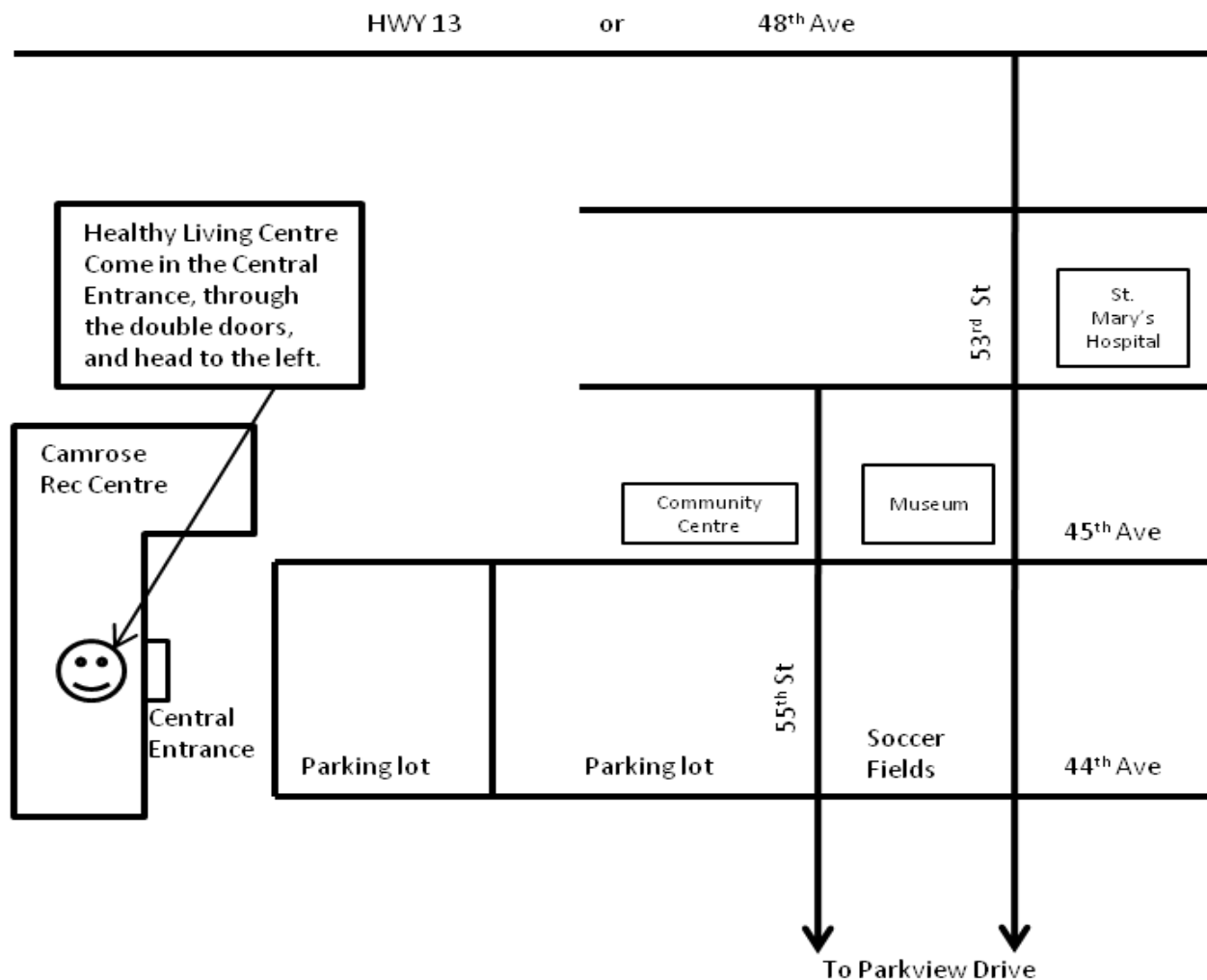
To register, phone 780-678-3400 or email Jeannie.zimmel@ahs.ca.

Healthy Living Centre

Suite #1203 Camrose Recreation Centre (Central Entrance) Camrose, AB

780-608-8683

Call for information, details, and registration



*Helping You Get Healthy and
Stay Healthy!*