



**Sept Oct Nov
2017**

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

CAMROSE
healthy
LIVING CENTRE



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

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ALBERTA HEALTHY LIVING PROGRAM COURSES

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

Diabetes The Basics: 2 Part Series

Tues, Oct 10, 9:00 – 3:30 pm and Tues, Nov7, 9:00 – 11:30 am, Camrose Community Health Centre

Learn self-management skills for people with Type 2 or Pre-diabetes; learn what diabetes is, the value of monitoring blood sugar, the basic types of diabetes medications, how foods affect blood sugar, practical tips for label reading and meal planning, the benefits of keeping active, the how and why of taking care of your feet.

Heart Wise: Managing Blood Pressure and Cholesterol

Tues, Oct 17, 9:00—12:00 pm, Camrose Recreation Centre, 2nd Floor Meeting Room

Learn about high blood pressure, high cholesterol and how lifestyle choices can improve heart health.

Lifestyle Change: A Toolkit for Success

Tues, Oct 24, 5:00—7:30 pm, Camrose Public Library

Learn how to apply the change process for making healthy, sustainable lifestyle changes. Strategies such as decision making, goal setting, problem solving and trapping negative thoughts will be discussed.

Nutrition: The Top 5 Tips to Reduce Calories

Tues, Oct 31, 5:00—7:30 pm, Camrose Public Library

Learn about the Top 5 Tips and how to use them to reduce calories for weight management.

Moving Matters: Including Physical Activity in Your Day

Tues, Nov 7, 5:00—7:30 pm, Camrose Public Library

Learn about different types of physical activity and their benefits . Receive tips on how to get more physically active and set your own activity goal .

Nutrition: I Know I Should Eat Healthy, But How?

Tues, Nov 14, 5:00—7:30 pm, Camrose Public Library

Learn meal planning tips through using Plan, Purchase, Prepare and Pack. Practice meal planning in class.

GLA:DTM
CANADA

*Call 780-608-8683
for upcoming session dates!*

Based on Good Life with Osteoarthritis in Denmark, the GLA:D CanadaTM 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.

NUTRITION FOR BONE AND JOINT HEALTH

***Weds, Sept 13 *or* Oct 18 *or* Nov 29, 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.

**Dates are subject to change.
Call the MSK Clinic at 780-678-3400
to confirm upcoming class dates and times.**



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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.

Making Positive Changes and Setting Goals *Sept 6 *or* Oct 18*or*Nov 29*

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 *Sept 13 *or* Oct 25*

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 20 *or* Nov 1*

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 *Sept 27 *or* Nov 8*

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 *Oct 4 *or* Nov 15*

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 & Compensation *Oct 11 *or* Nov 22*

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.

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).

Fibromyalgia *Thurs, Sept 14, 1:30—2:30 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!

Living Well with Chronic Pain *Thurs, Sept 28, 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, Oct 12, 2:00—3:00 pm*

This is an introduction to the role of mindfulness techniques to decrease pain and stress, and increase your moment-to-moment awareness. This is an important component to an effective pain management plan.

Know your Pain to Know your Gain: Recovery from Low Back Pain *Thurs, Oct 26, 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, Nov 9, 1:30—2:30 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, Nov 23, 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.



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!**



BREATHE EASY PROGRAM: PULMONARY REHABILITATION

To Register: Phone 780-678-3400 or email:

jeannie.zimmel@albertahealthservices.ca

8 week program, Tuesdays and Thursdays, 10am-12:30pm
MSK Clinic in Smith Clinic - 6601 48 Ave Camrose

Cost: **FREE**

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
- ~Teach proper breathing techniques
- ~Improve muscle strength
- ~Improve endurance
- ~Improve quality of life

BOOK NOW FOR THE NEXT SESSION!

HEALTHY LIFESTYLES & 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.



EXERCISE YOUR BODY AND YOUR BRAIN WITH OUR EXCITING EDUCATION COURSES

R.E.A.C.H ~ Real Easy Affordable Class for Healthy Shoulders!

Tues/Thurs – 9:30-10:30am, Sept. 19, 21, 26, 28, Oct. 3, and 5

This fun, energetic class is designed to improve posture, movement patterns, and increase muscle length, strength and stability around the shoulder joint complex. Each session includes education and exercise stations. Call or drop-in to the Healthy Living Centre to register!

The Bladder Blues: Managing Mild to Moderate Bladder Incontinence

Call for upcoming session dates, times, location and to register!

Come for 4 sessions to learn about your pelvic floor muscles, and how to find your Core Power! Get advise from the Healthy Living Centre team on how to manage and continue an active lifestyle!

Concussion Management 101

Call for upcoming session dates, times, location and to register!

This class is for or anyone who has had a concussion or would like more knowledge in how to care for someone who has suffered a concussion.

QUIT CORE—GROUP SUPPORT FOR QUITTING SMOKING

Mondays, 2:00—4:00 pm, September 18—October 30

Addictions and Mental Health office (4911 47 Street)

QuitCore is a **FREE** group support program that provides Albertans (18+) with the tools and skills they need to quit using tobacco for good. The program consists of six 90-minute sessions over six weeks. Join a group in your community and make new friends, share your stories and celebrate milestones together.

For more information and to Register:

1. Register Online at www.albertaquits.ca and create an online account
2. Register by phone. **Call 1-866-710-QUIT (7848)** toll-free to find out about an upcoming group session in your community.

Registration in the Quitcore program
qualifies participants for

\$500.00 of Nicotine Replacement Therapies

(i.e. Patch, Gum, Lozenges, Mouth Spray and Inhaler)

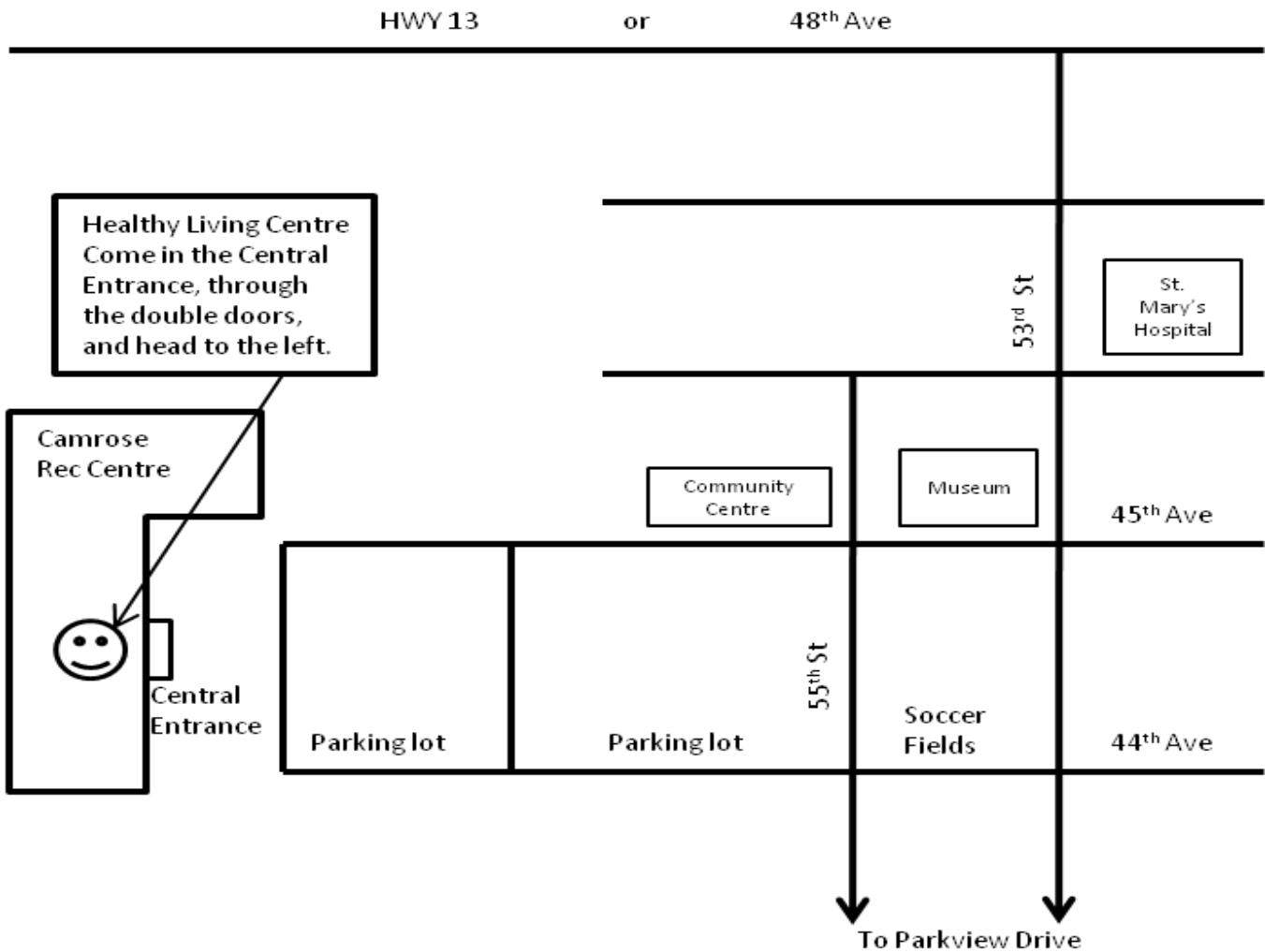


Healthy Living Centre

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!*