

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!

## INDEX OF CLASSES OFFERED

NAME OF CLASS	PAGE NUMBER	NAME OF CLASS	PAGE NUMBER
<b>Risk Reduction</b>		<b>Weight Management</b>	
Heart Wise: Managing Cholesterol and Blood Pressure	6	Pediatric Weight Management Program	5
GLA:D	7	Nutrition: Nutrition: The Top 5 Tips to Reduce Calories	6
Cardiovascular Health Series: Heart & Lungs	7	Nutrition: The Truth about What Works in Weight Management	6
Cardiovascular Health Series: Use It or Lose It	7	<b>Chronic Pain</b>	
Cardiovascular Health Series: Making Positive Changes and Setting Goals	7	Explain Pain	3
Cardiovascular Health Series: Healthy Eating for a Healthy Heart	7	Relaxation for Pain Relief	3
Cardiovascular Health Series: Conservation & Compensation	7	Fibromyalgia	3
Cardiovascular Health Series: Meds & Me	7	Living Well with Chronic Pain	3
<b>Nutrition</b>		Chronic Pain Clinic	5
Nutrition for Bone and Joint Health	3	<b>Chronic Disease Management</b>	
<b>Healthy Living</b>		Diabetes the Basics: 2 Part Series	6
Quit Core: Group Support for Quitting Smoking	4	Breathe Easy: Pulmonary Rehab	5
Moving Matters: Including Physical Activity in Your Day	6	Cardiac Rehabilitation Program	5
Getting Started: Planning for Success	6	<b>Communication</b>	
Nutrition: Eating Away from Home and During Special Occasions	6	Cantabile	4
		What's the Buzz?	4



# 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, Dec 7, 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, Jan 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, Feb 1, 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, Feb 22, 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.

## NUTRITION FOR BONE AND JOINT HEALTH

***Weds, Jan 10 \*or\* Feb 21, 1:15—2:30 pm***

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.**



# KEEP THE LINES OPEN WITH OUR COMMUNICATION CLASSES



## Cantabile

Do you have difficulty with communication? Do you like music? This choral group practices weekly and will target improving your volume, speech clarity, and overall vocal strength for talking. Winter season will begin mid-January 2018 and end mid-March. For more information, contact Kelsey at (780)-678-3417.

## What's the Buzz?

Do you have a communication difficulty? Are you having a hard time speaking or being heard in groups? Are you interested in discussing current events? This weekly conversation group will target group communication skills in a supported communication environment. Winter session will begin mid-January and end mid-March. For more information or to register, contact Kelsey at (780) 678-3417.

## QUIT CORE—GROUP SUPPORT FOR QUITTING SMOKING ~ Beginning January 29th!~



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, two-hour 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**

(Chantix, Zyban and/or Nicotine Replacement Therapies such as the Patch, Gum, Lozenges, Mouth Spray and Inhaler)

## BREATHE EASY PROGRAM: PULMONARY REHABILITATION

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

8 week program, Tuesdays and Thursdays, 10am-12:30pm

MSK Clinic in Smith Clinic - 6601 48 Ave Camrose

Cost: **\$10 for course materials/exercise band**

To Register: Phone 780-678-3400

or email: [jeannie.zimmel@albertahealthservices.ca](mailto:jeannie.zimmel@albertahealthservices.ca)

## 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.



# 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**.



## **Getting Started: Planning for Success**

*Tues, Jan 23, 5:00—7:30 pm, Camrose Recreation Centre, 2nd Floor Meeting Room*

Learn about obesity - definition, causes, and treatment options. Learn about how obesity impacts your life and health. Learn ways to record what you eat, how active you are and how you are feeling emotionally.

## **Nutrition: The Top 5 Tips to Reduce Calories**

*Tues, Jan 30, 5:00—7:30 pm, Camrose Recreation Centre, 2nd Floor Meeting Room*

Learn about the top 5 ways to lower calories and practice strategies in class.

## **Nutrition: The Truth about What Works in Weight Management**

*Tues, Feb 6, 5:00—7:30 pm, Camrose Recreation Centre, 2nd Floor Meeting Room*

Evaluate what you are eating and learn strategies that can help lower your calories. Explore how meal patterns, food choices and portion size affect calorie intake. Learn about which foods can help you manage your weight.

## **Heart Wise: Managing Blood Pressure and Cholesterol**

*Tues, Feb 13, 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.

## **Moving Matters: Including Physical Activity in Your Day**

*Tues, Feb 20, 5:00-7:30 pm, Camrose Recreation Centre, 2nd Floor Meeting Room*

Explore the benefits and barriers to being more active. Receive tips on how to get more physically active. Set your own personal activity goals.

## **Diabetes The Basics: 2 Part Series**

*Tues, Feb 20, 9:00 – 3:30 pm and Tues, March 20, 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.

## **Nutrition: Eating Away From Home and During Special Occasions**

*Tues, Feb 27, 5:00—7:30 pm, Camrose Recreation Centre, 2nd Floor Meeting Room*

Learn how buffets, parties, vacation and holiday eating can affect calorie intake. Leave with strategies to minimize extra calories when eating away from home & during special occasions.

# 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.***

## **Heart & Lungs** Dec 6 \*or\* Jan 24

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** Dec 13 \*or\* Jan 31

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** Dec 20 \*or\* Feb 7

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** Jan 3 \*or\* Feb 14

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** Jan 10 \*or\* Feb 21

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** Jan 17 \*or\* Feb 28

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

**GLA:D**<sup>TM</sup>  
CANADA

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

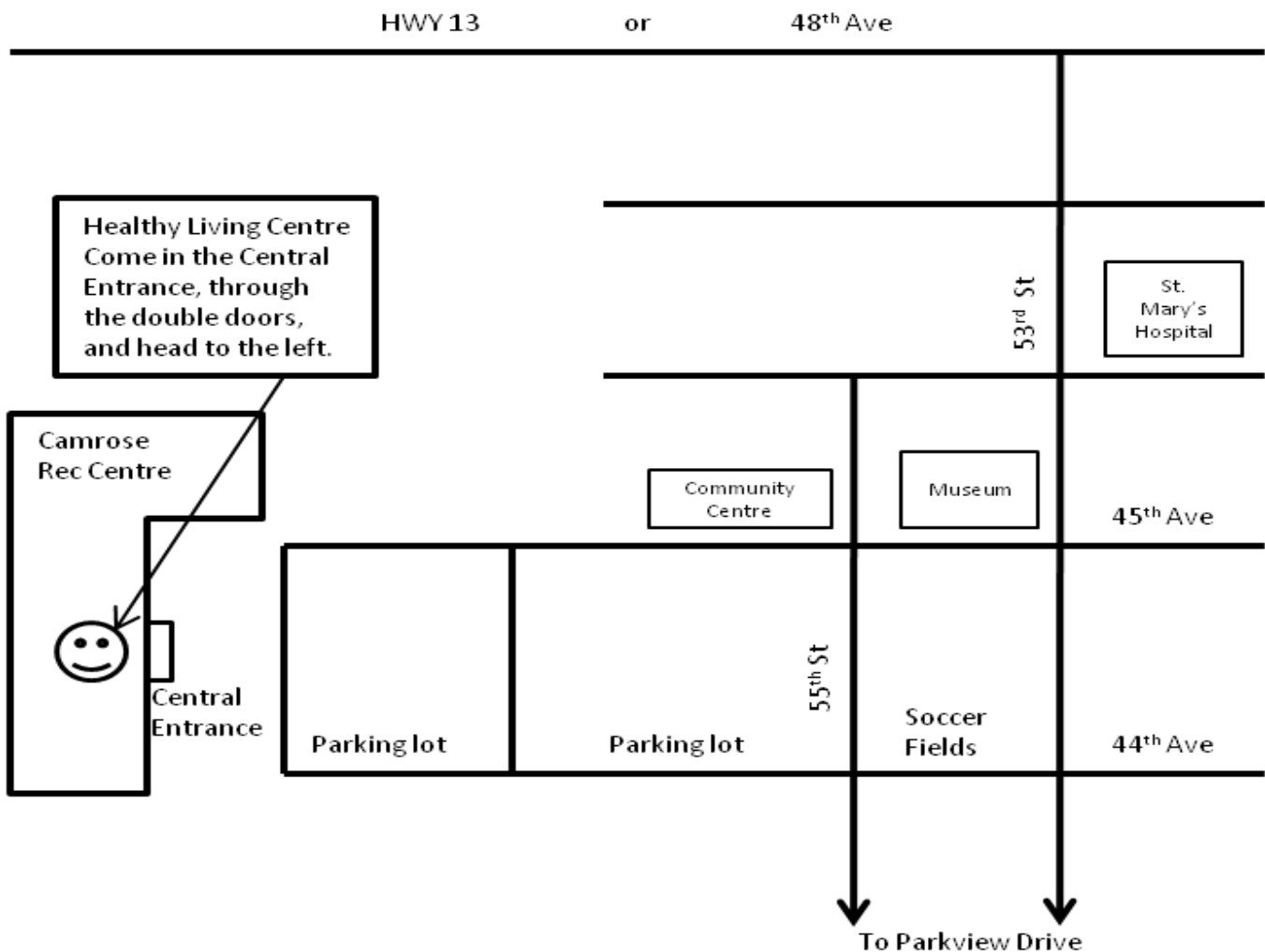
Based on Good Life with Osteoarthritis in Denmark, the GLA:D Canada<sup>TM</sup> program is a nationwide evidence-based initiative that follows the current recommendations for the treatment of hip and knee osteoarthritis. In Denmark, this program has been shown to reduce the progression of symptoms by 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.

# 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!*