



Alberta Health
Services

Dec Jan Feb 2019

Your life,
your
choice,
your
health!



CAMROSE
healthy
LIVING CENTRE

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INTERESTED IN ONE OF OUR PROGRAMS?

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!

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



DO YOU STRUGGLE WITH CHRONIC PAIN? WE CAN HELP!

For the classes below please call the Camrose Chronic Pain Clinic
at 780-678-3400 to register.

All classes are located at the MSK & CRP clinic (inside the Smith Clinic).

Introduction to Pain Recovery *Thurs, Jan 10, 2019 2:00-3:00 pm*

Learn about our own resilience and draw on your strengths to face life's challenges including pain. Meet others with pain in a mutually supportive environment. We may have pain, but we can choose not to suffer!

Explain Pain *Thurs, Feb 7, 2019 1:30-2:30 pm*

Increase your understanding of how your brain interprets safety vs danger 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!

HEALTHY LIFESTYLES & CHRONIC DISEASE PROGRAMS

The following programs require a physician referral. If you are interested in one of these programs, 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.

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

These classes are free of charge, but registration is required.

For more information and to register for these and other classes offered by the Alberta Healthy Living Program, please call **1-877-314-6997**.

Diabetes The Basics: 4 Part Series

Starting March. Call for dates, times and location.

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.

Diabetes The Basics: 2 Part Series

Starting January. Call for dates, times and location.

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 (2 Part Series)

Tues, Jan 22 and 29, 9:00 - 12 pm

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

Nutrition: Eating Away From Home and Special Occasions

Tues, Dec 11, 5:00—7:30 pm

Learn how eating away from home affects weight management and develop a plan to manage calories when dining out.

Nutrition: The Top 5 Tips to Reduce Calories

Tues, Jan 8, 5:00—7:30 pm

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

Lifestyle Change: A Toolkit for Success

Tues, Jan 22, 5:00—7:30 pm

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

Moving Matters: Including Physical Activity in Your Day

Tues, Feb 5, 5:00 pm—7:30 pm

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, Feb 19, 5:00—7:30 pm

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

NUTRITION FOR BONE AND JOINT HEALTH

Wed, December 12, 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.**

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 & Me Jan 9 *or* Feb 20

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 Dec 5 *or* Jan 16 *or* Feb 27

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 Dec 12 *or* Jan 23

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 Dec 19 *or* Jan 30

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 Feb 6

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 Jan 2 *or* Feb 13

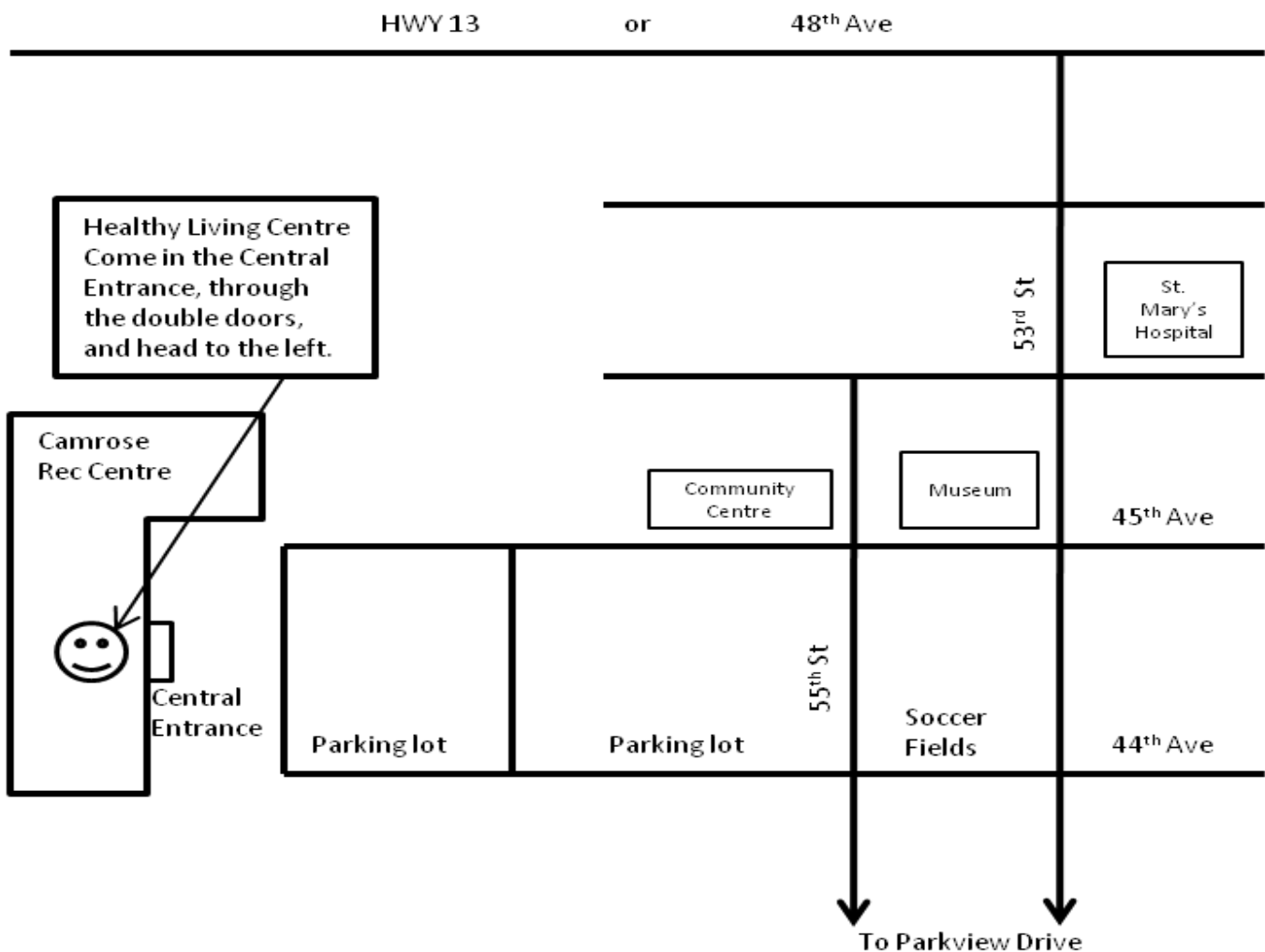
This session covers the essential strength exercises and stretches to get your body reconditioned after a cardiac event. You will learn how to begin strength training, or how to get back into it safely.

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!**