

**Dec 2015,  
Jan, Feb 2016**

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

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**C A M R O S E**

**healthy**

**L I V I N G   C E N T R E**

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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—2 p.m.**

## **Heart & Lungs** *December 2 \*or\* January 27*

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** *December 9 \*or\* February 3*

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** *December 16 \*or\* February 10*

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** *January 6 \*or\* February 17*

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.

## **Energy Conservation** *January 13 \*or\* February 24*

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** *January 20*

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



## YOUR RESOURCE FOR NON-EMERGENCY HEALTH INFORMATION!

MyHealth.Alberta.ca is home to valuable, easy-to-understand health information and tools made for Albertans, including information about health conditions, healthy living, medications, tests and treatments. There are also educational videos, symptom checkers, emergency phone numbers and a health care locator.

MyHealth.Alberta.ca is always growing. Find out what's new by visiting  
[www.MyHealth.Alberta.ca](http://www.MyHealth.Alberta.ca) on the web!





## 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.**

### Fibromyalgia

*Thurs, Dec 10, 2:00—3:00 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 14, 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 4, 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 25, 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

***Wednesday, Dec 9 \*or\* Jan 27  
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.

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

# OSTEOPOROSIS 101

***Thursday January 14  
10:30-12 pm***

This free 1 ½ hour seminar includes a brief overview of osteoporosis, prevention and treatment. Learn more about important risk factors, and what you can do to keep your bones strong! This session is an intro to our five week program-Living Well With Osteoporosis.

***Call the Healthy Living Centre at  
780-608-8683 to register.***

# LIVING WELL WITH OSTEOPOROSIS

***Thursdays, February 4-March 3,  
10:30-12 pm***

If you have osteoporosis or osteopenia, this 5 session program will provide you with in- depth information on many related topics such as fracture prevention, bone health, therapeutic exercise, nutrition & medication for self-management. Sessions are held weekly and are led by an interdisciplinary health team.

***\$10.00/person.  
Call the Healthy Living Centre  
at 780-608-8683 to register.***

## 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 pm.,  
Meeting Room, Second Floor of the Camrose  
Recreation Centre**

Dec 2	Eating Away from Home and During Special Occasions
Jan 20	Nutrition: The Truth About What Works in Weight Management
Feb 17	Top 5 Tips to Reduce Calories
March 16	Lifestyle Change: A Toolkit for Success

**THESE CLASSES ARE FREE OF CHARGE, BUT REGISTRATION IS REQUIRED.  
FOR MORE INFORMATION AND TO REGISTER,  
PLEASE CALL 1-877-314-6997.**

## BETTER CHOICES BETTER HEALTH

### LIVING WELL WITH CHRONIC DISEASE

Do you want to learn how you can better manage your chronic health condition? This 6 week hands-on workshop teaches you how to properly manage your health and live a happy, productive and fulfilling life!

***Every Mon,  
March 7, 14, 21, 28, and  
Apr 4, 11  
1:30 – 4:00pm***



## 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, FEB 23, 9 AM—12 PM

FOR MORE INFORMATION AND TO REGISTER FOR THIS CLASS,  
PLEASE CALL 1- 877-314-6997

## ADULT SPEECH & LANGUAGE SERVICES

Do you or does someone you know struggle with:

- Swallowing and feeding?
- Understanding others?
- Communicating ideas?
- Speaking clearly?
- Interacting with family and friends?
  - Stuttering?
  - Voice problems?
- Reasoning and problem solving?

If any of these describe you or someone you know  
– seeing a Speech-Language Pathologist might help.

Speech-language pathologists work with individuals, their families, caregivers and communities to help with a variety of communication, speech, and swallowing problems.

**For more information on services available,  
call Tawnya or Amanda at 780-678-3417.**

## BREATHE EASY PROGRAM: PULMONARY REHABILITATION

*8 week program, Tues and Thurs, 10—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.

**To register, phone 780-678-3400.**

**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.**

## **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 at 11:00am or 1:00pm*

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 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.



## GET MOVING! WITH OUR EXCITING EXERCISE COURSES

### Duggan Mall Walkers

Are you looking to increase your physical activity levels as part of your New Years resolution? Are you looking to meet more friends in the community and exercise in a safe, **free** environment without increasing your risk of face-planting on a sheet of ice? Come join the Duggan Mall Walkers group! Meeting every Tuesday, Wednesday and/or Thursday (come as many times as you want) between 9-11 AM. Free weekly supervised exercise program from 9:30-10:15 AM every Wednesday. For more information or to register, contact Deanna at 780-608-8683.

### Standing on Your Own: An Adult Balance Group *Tuesdays; 1:30—3 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.

### Conquer Your Back Pain

Conquer your back pain once and for all! Learn exercises to strengthen your back and stabilize your spine for more freedom and less pain. This program will run for 6 weeks and will have both an educational and exercise component. You will work on the exercises once a week in class, and will be expected to complete the exercises two more times a week on your own. Participants must be able to get down onto the floor without assistance. Runs every Monday from 7-8 PM starting on Monday January 18 2016. Registration required. For more information or to register, contact the Healthy Living Centre at 780-608-8683.

### Overcoming Obstacles: Becoming Your Own Role Model

Are you suffering from a chronic disease or condition? Are you wishing to find a way to manage your symptoms but are not sure which steps to take? Join Deanna, a Kinesiologist, in an 8 week long supervised exercise program targeted toward helping you manage your symptoms and improving your overall quality of life. The program meets twice per week for 1 ¼ hours on the walking track at the upper floor of Camrose Recreation Center. Referral from a health care provider and an initial intake assessment is required prior to participation in the program. Space is limited. The purchase of a monthly track pass (\$14.00/mo) is required. For more information about the program or the next start date, contact Deanna at 780-608-8683 or via e-mail at [Deanna.Trzeciakowski@albertahealthservices.ca](mailto:Deanna.Trzeciakowski@albertahealthservices.ca)

“Sitting has become  
the smoking of our  
generation.”

— NILOFER MERCHANT

TED

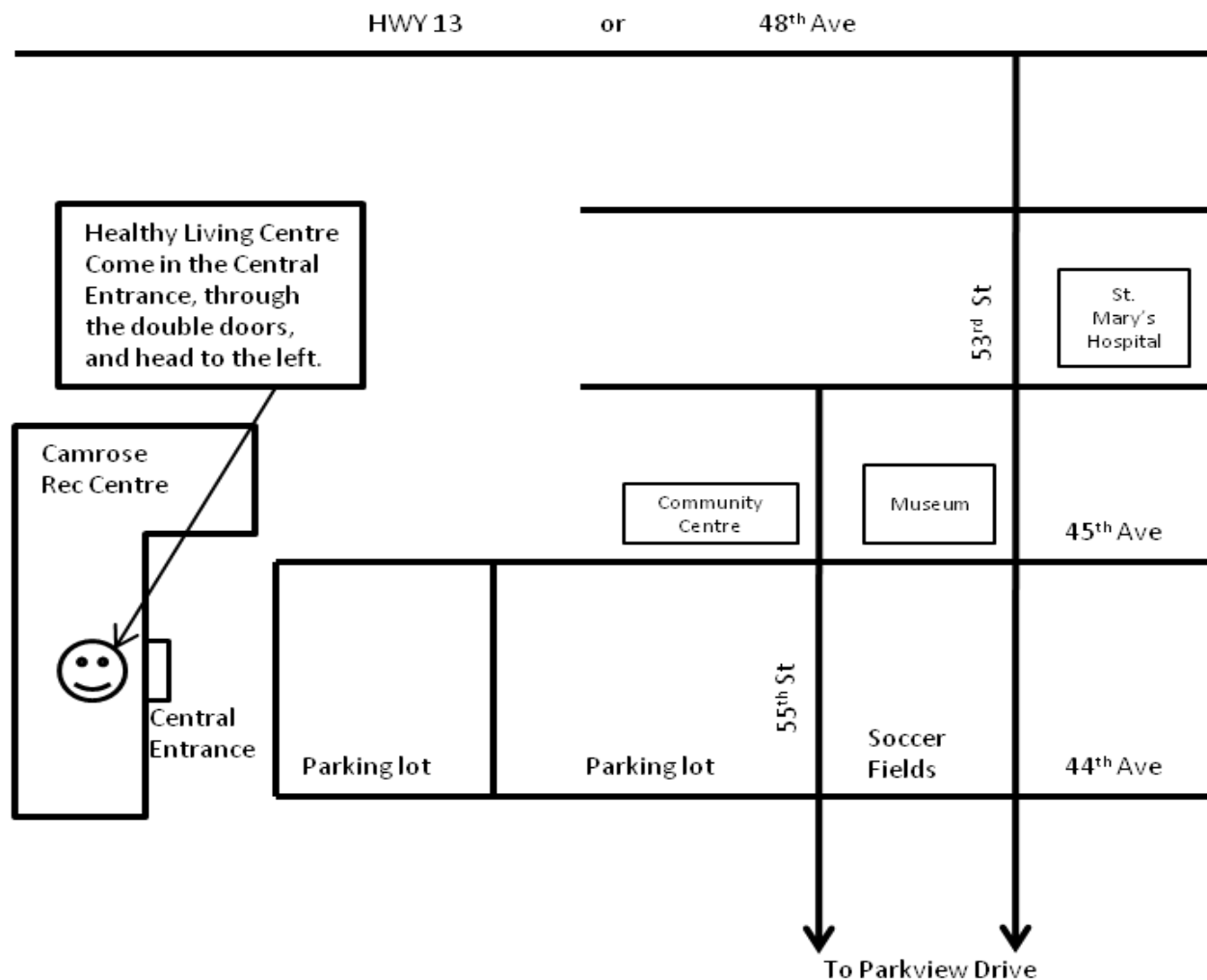


# Healthy Living Centre

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!*