

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

CAMROSE

healthy

LIVING CENTRE

INDEX OF CLASSES OFFERED

NAME OF CLASS	PAGE NUMBER	NAME OF CLASS	PAGE NUMBER
Chronic Disease Management		Risk Reduction	
Breathe Easy: Pulmonary Rehab	6	Cardiovascular Health Series: Heart & Lungs	4
Cardiac Rehabilitation Program	7	Cardiovascular Health Series: Use It or Lose It	4
Adult Speech & Language Services	6	Cardiovascular Health Series: Making Positive Changes and Setting Goals	4
Chronic Pain		Cardiovascular Health Series: Healthy Eating for a Healthy Heart	4
Chronic Pain Program	7	Cardiovascular Health Series: Energy Conservation	4
Explain Pain	5	Cardiovascular Health Series: Meds & Me	4
Relaxation for Pain Relief	5	Nutrition for Bone and Joint Health	5
Mindfulness	5		
Recovery from Low Back Pain	5		
Weight Management		Healthy Living	
Weight Wise Group Education	3	Nordic Pole Walking	3
Pediatric Weight Management Program	7		



Interested in one of our programs?

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

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.

**For information about upcoming class dates and topics,
please call
1-877-314-6997.**



NORDIC POLE WALKING

Nordic walking is easy, fun, and low impact!
It also is a very convenient way to increase the healthy benefits of walking for people of all ages and almost all fitness levels.
The use of poles also improves balance and increases one's confidence for walking. What's more, Nordic walking burns more calories than regular walking which makes it a great choice if you are trying to become more physically fit.

Poles are available for participants to use at the clinic.

Monday, June 13, Wednesday, June 15 and Monday, June 20
from 4:30 – 5:30pm.

**TO REGISTER & FOR MORE UPCOMING CLASS DATES,
PHONE THE HEALTHY LIVING CENTRE
AT 780-608-8683.**



PROTECT YOUR HEART!

WITH OUR HEART SAVVY COURSES!

Heart & Lungs *June 1 *or* July 13 *or* August 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 *June 8 *or* July 20 *or* August 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 *June 15 *or* July 27*

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 *June 22 *or* August 3*

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 and Compensation *June 29 *or* August 10*

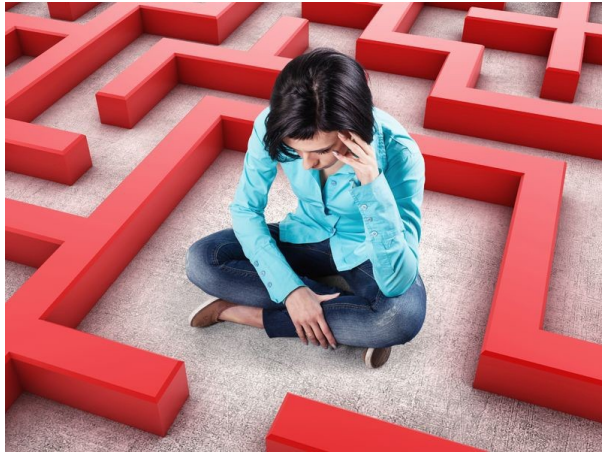
This session will review the cognitive changes that occur following a cardiac event and ways to compensate. You will also learn what activities you are able to do safely, how to pace yourself, and evaluate the energy requirements of various tasks and activities.

Making Positive Changes and Setting Goals *July 6 *or* August 17*

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

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.**

Call 780-608-8683
to confirm dates and location for each topic.



DO YOU STRUGGLE WITH CHRONIC PAIN?

**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.

Explain Pain

Thurs, June 9, 2:00—3:00 pm

This session with Bonnie Klassen, 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 7, 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.

Mindfulness

Thurs, August 11, 2:00—3:00 pm

Introduction to Mindfulness Meditation with Bonnie Klassen, OT.

Know Your Pain to Know Your Gain: Recovery from Low Back Pain

Thurs, August 18, 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

***Wednesday, June 8 *or* July 20 *or* August 31;
1:15—2:30 pm; MSK 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.****



KEEP CALM

AND CALL A

SPEECH LANGUAGE PATHOLOGIST

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?

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 and Amanda at 780-678-3417.**

BREATHE EASY PROGRAM: PULMONARY REHABILITATION

8 week program

Tuesdays and Thursdays 10:00 am-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



*Healthy
Lungs For A
Healthy
Life!*

**To Register: phone 780-678-3400 or
email: jeannie.zimmel@albertahealthservices.ca**

**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.

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!

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.

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

**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.

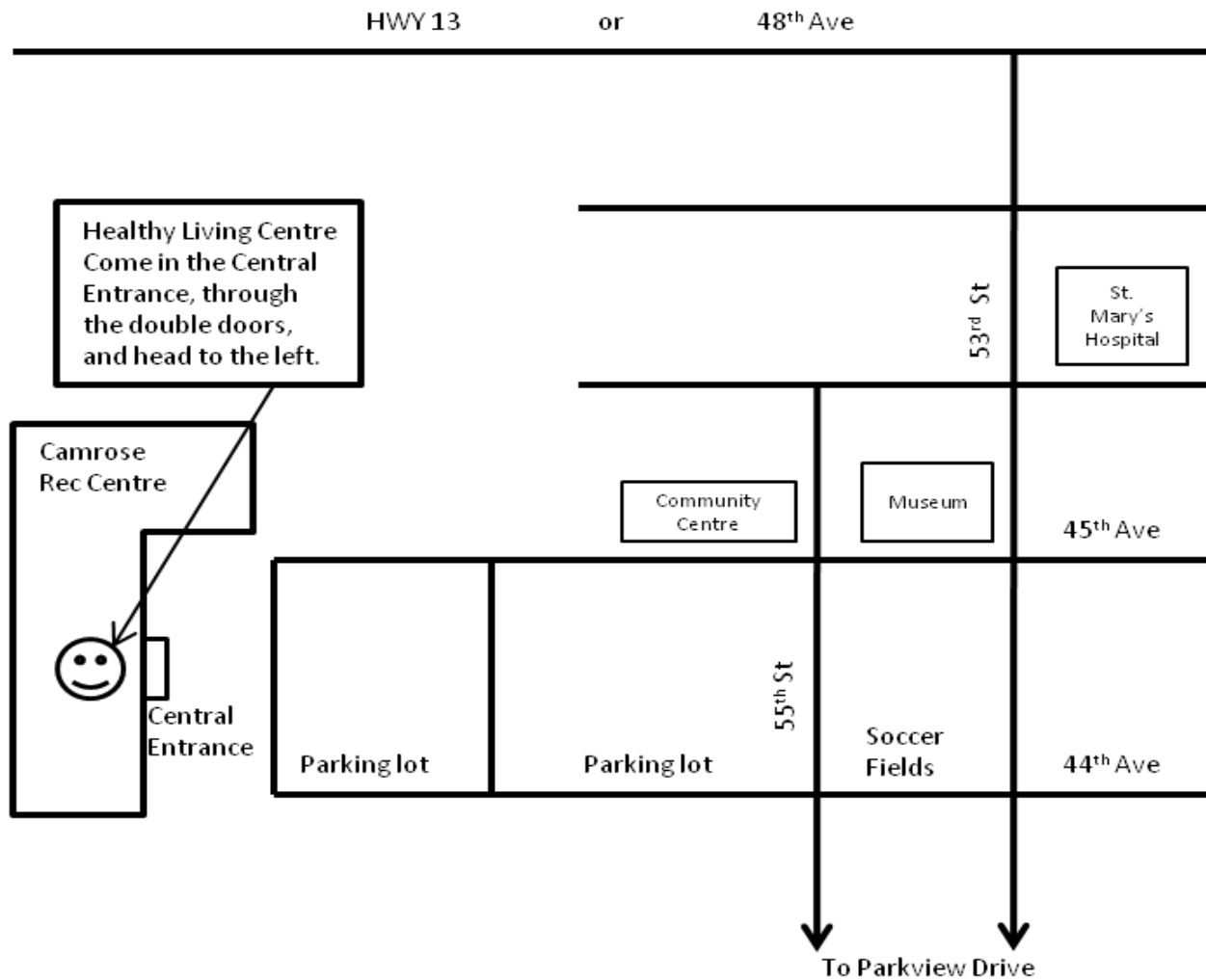
This service does require a physician referral. If you are concerned about your child's growth, please talk with your family physician.

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!*