

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 | |
| Speech Language Pathology Services | 3 | Cardiovascular Health Series: Heart & Lungs | 5 |
| Arthritis 101 | 4 | Cardiovascular Health Series: Use It or Lose It | 5 |
| Communication Strategies in Dementia | 4 | Cardiovascular Health Series: Making Positive Changes and Setting Goals | 5 |
| Living Well with Osteoarthritis | 5 | Cardiovascular Health Series: Healthy Eating for a Healthy Heart | 5 |
| GLA:D Canada | 6 | Cardiovascular Health Series: Conservation & Compensation | 5 |
| Cardiac Rehabilitation Program | 6 | Cardiovascular Health Series: Meds & Me | 5 |
| Breathe Easy: Pulmonary Rehab | 7 | Heart Wise: Managing Cholesterol and Blood Pressure | 7 |
| Chronic Pain | | Standing On Your Own: An Adult Balance Group | 7 |
| Chronic Pain Program | 6 | Nutrition for Bone and Joint Health | 8 |
| Relaxation for Pain Relief | 8 | Healthy Living | |
| Living Well with Chronic Pain | 8 | Healthy Eating for a Healthy Memory | 4 |
| Explain Pain | 8 | | |
| Fibromyalgia | 8 | | |
| Weight Management | | | |
| Moving Matters: Including Physical Activity in Your Day | 4 | | |
| Nutrition: Eating Away from Home and Special Occasions | 4 | | |
| Pediatric Weight Management Program | 6 | | |

Coming Soon! Lifestyle Rookie Camp

Are you interested in support with achieving a healthier weight and a healthier lifestyle? This program is for you!

In partnership with the Augustana Fitness Centre, the Healthy Living Centre is excited to offer a 6 week program focusing on the tools you need to get started with healthier eating habits and activity level.

The program will include education topics and an exercise component.

For more information including dates and cost, please call the Fitness Centre at 780-679-1577.

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.



SPEECH LANGUAGE PATHOLOGY: Adult Speech & Language Services

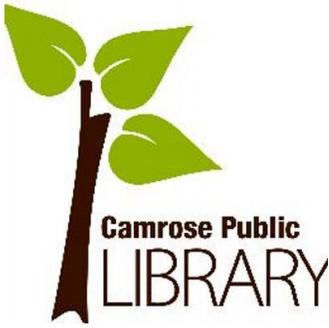
Do you or does someone you know struggle with:

- * Swallowing and feeding?
- * Communicating ideas?
- * Stuttering?
- * Interacting with family and friends?
- * Understanding others?
- * Speaking clearly?
- * 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 780-678-3417. 3



HEALTH INFORMATION SESSIONS AT THE CAMROSE PUBLIC LIBRARY

Sessions run 1:30 to 3:00 pm at the
Camrose Public Library.

To register and for more information,
contact the Camrose Public Library at 780-672-4214.

Communication Strategies in Dementia – December 7

Do you know someone who has dementia? Is it becoming more challenging to communicate with them? If so, consider attending this seminar. Numerous strategies will be discussed. The person with dementia is a person worth knowing. No registration required. No cost. Open to the public & healthcare providers. Session facilitated by a Speech-Language Pathologist.

Healthy Eating for a Healthy Memory—January 11

Join Registered Dietitian, Anita Eggink, at this session which will look at how what you eat can affect your brain, your ability to think and your memory, know the right types of foods and the correct amount of food to keep your mind, brain and body healthy!

Arthritis 101—February 1

This free session provides a brief overview of the 2 most common types of arthritis: osteoarthritis & rheumatoid arthritis. Learn about these diseases, their risk factors, warning signs, diagnosis & and an introduction to self-management strategies.

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—9:00 pm., Meeting Room,
Second Floor of the Camrose Recreation Centre**

| | |
|-------------|---|
| December | ***No class*** |
| January 18 | Moving Matters: Including Physical Activity in Your Day |
| February 15 | Nutrition: Eating Away From Home and Special Occasions |

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

LIVING WELL WITH OSTEOARTHRITIS

Thursdays Feb.15-Mar. 15, 10:30-12:00

If you have osteoarthritis, this 5 session program will provide you with in depth information on the disease & many related topics to help with self-management, such as nutrition, therapeutic exercise, medication, joint protection & body mechanics.

Cost \$10. Call the Healthy Living Centre to register 780-608-8683.

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.

Healthy Eating for a Healthy Heart Dec 7 *or* Jan 25

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 14 *or* Feb 1

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 21 *or* Feb 8

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 Jan 4 *or* Feb 15

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 11 *or* Feb 22

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 Jan 18

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.

GLA:D JAN 17- MAR 2; EVERY TUES/THURS 1:30PM



Based on Good Life with OA in Denmark, the GLA:D Canada TM 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.

Call 780-608-8683 for more information or to register.

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

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 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.

CHRONIC PAIN

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 (inside the Smith Clinic).

Fibromyalgia Thurs, Dec 1, 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 12, 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 9, 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 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 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 14 *or* Jan 4 *or* Feb 15; 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.



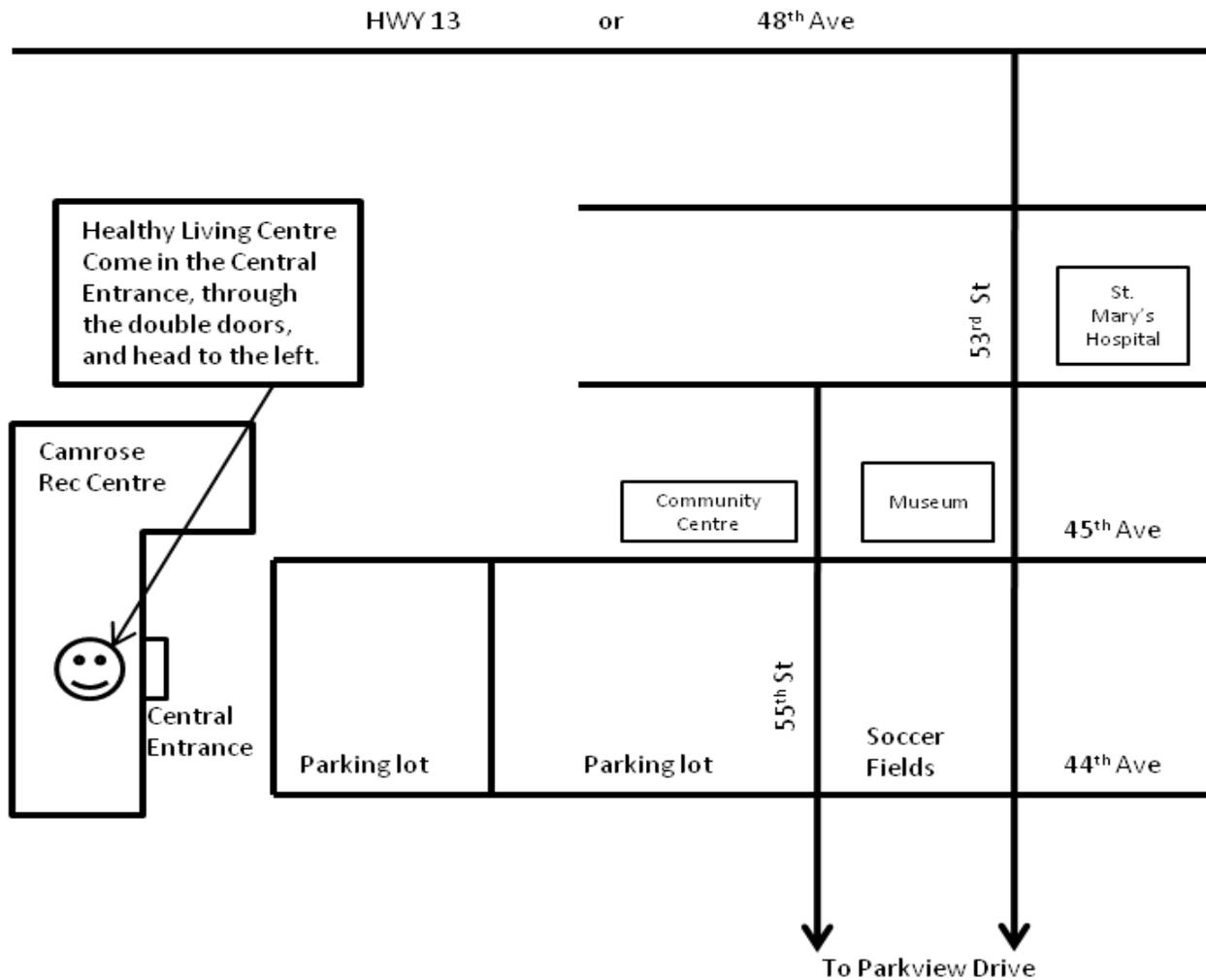
© Can Stock Photo

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!*