

Your
life,
your
choice,
your
health!

CAMROSE
healthy
LIVING CENTRE

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GET MORE INFO

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

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.
 June 14th to July 26th
 Thursday mornings from 9:30-10:30 am

For more information:
 contact Kelsey at (780)-678-3417

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).

Know your Pain to Know your Gain: Recovery from Low Back Pain *Thurs, May 3, 2018 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!

Explain Pain *Thurs, Jun 14, 2018 1:30-2:30 pm*
This session with Bonnie Klassen, OT, 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, Jul 12, 2018 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, Jul 26, 2018 2:00-3:00 pm*
This is an introduction to the role of mindfulness techniques to decrease pain and stress, and increase your moment-to-moment awareness. This is an important component to an effective pain management plan.

Fibromyalgia *Thurs, Aug 16, 2018 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!

HEALTHY LIFESTYLES & CHRONIC DISEASE PROGRAMS

The following programs require a physician referral.

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.

NUTRITION FOR BONE AND JOINT HEALTH

Wed, June 27, 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.

Use It or Lose It *June 6 *or* July 18 *or* Aug 29*

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 13 *or* July 25*

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 20 *or* Aug 1*

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 *June 27 *or* Aug 8*

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 4 *or* Aug 15*

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 *July 11 *or* Aug 22*

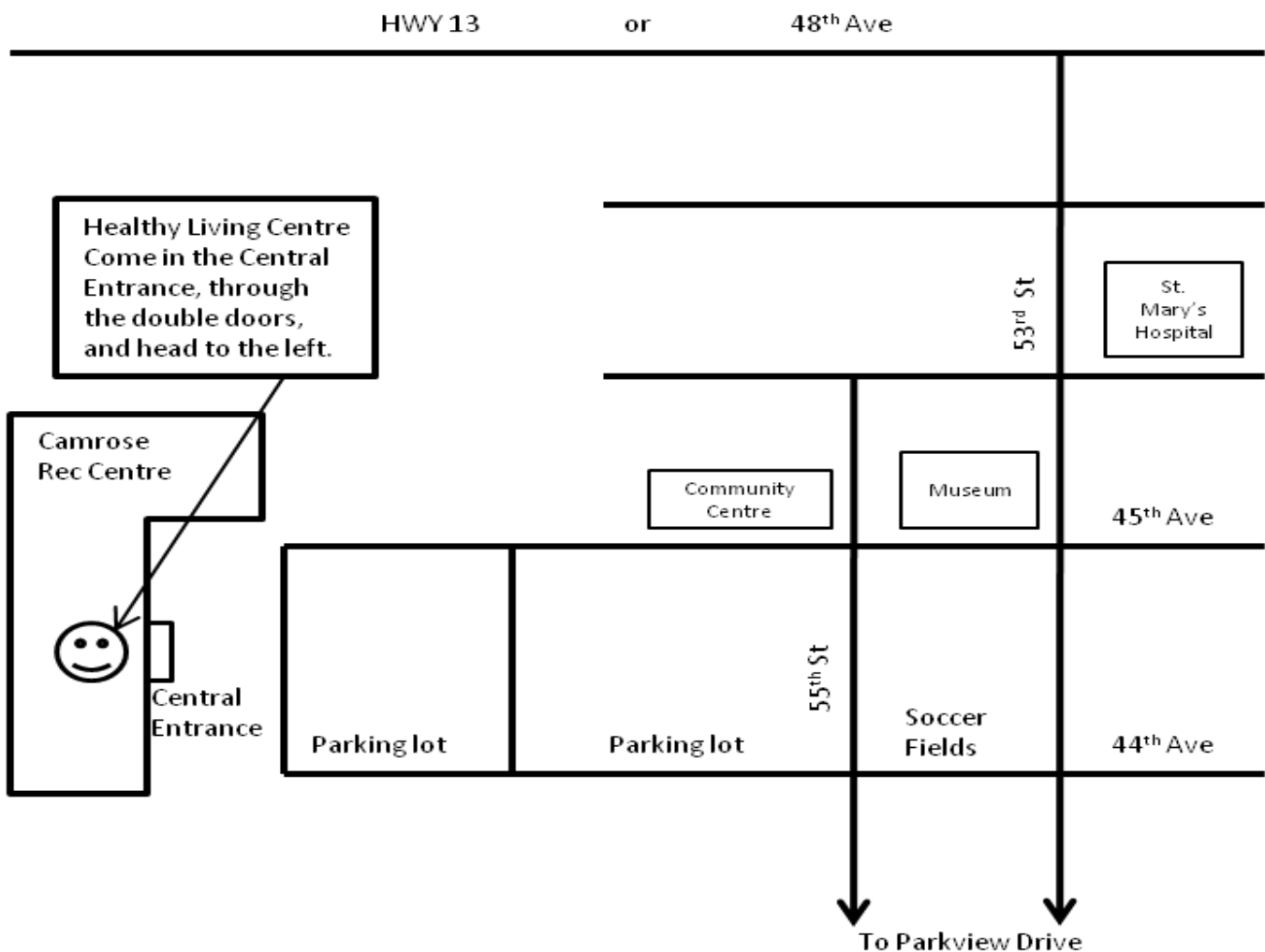
This session explains the anatomy and physiology of the cardiovascular and respiratory systems, and how the relationship between them optimizes cardiac health.

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!**