

The Healthy Living Centre January—June 2012 Programs



*In Partnership, Alberta Health Services
and
the Camrose Arts Society presents:*



Learn to Love the Body You're In!

While the advice to “love your body” seems easy enough, a surprising number of women have a hard time taking it to heart: overall research indicates that 90% of Canadian women are dissatisfied with their appearance in some way. So you’re not alone if you've ever felt less than thrilled with the reflection in the mirror. If the body blues have you down more often than not, this class is for you! Learn how to nurture the body you’re in through healthy foods, physical activity and ditching negative thoughts to feel better about the skin you're in.

**Thursday, February 2, 7 p.m. at the Camrose Arts Society.
Cost \$5. To register, please call (780) 672-9949.**

The Healthy Living Centre

Suite #3, Edgeworth Centre 4512-53 Street Camrose, AB T4V 4E3

780-608-8683

New Year—New Classes!

On Your Weigh Weight Wise Group Education Sessions

The Weight Wise Group Education Sessions are interactive classes 2 1/2 hours in length that provide adults with weight management strategies to assist in managing their weight. These modules cover many areas such as eating habits and patterns, nutrition, stress, goal setting, emotional eating and activity. Sessions will be held from **6:30—9 p.m. at the Edgeworth Centre**. For more information and to register, please contact the Healthy Living Centre.

- January 18 **Finding Balance -The role of Calories in Weight Management**
Learn 5 top ways to lower calories
- February 15 **Moving Matters Include Physical Activity in Your Day**
Explore the benefits and barriers to being more active including tips to safely include physical activity in your day
- March 21 **Minding Stress: Effectively Reduce and Manage the Stress in Your Life Part 1 of 2**
Discover the hidden costs of stress on successful weight management. Build awareness about what contributes to your stress & self management techniques
- March 28 **Minding Stress: Effectively Reduce and Manage the Stress in Your Life Part 2 of 2**
Discover the hidden costs of stress on successful weight management. Build awareness about what contributes to your stress & self management techniques
- April 18 **Managing Hunger and Appetite**
Learn the difference between hunger and appetite and how this relates to your weight
- May 16 **The Truth About what works in Weight Management**
Learn about which foods to choose for weight management, evaluate what you are eating and leave with strategies to help you lose weight
- June 13 **I Know I Should Eat Healthy, but How?**
Planning and preparing healthy meals at home
- June 20 **Eating away from home and During Special Occasions**
Learn the calorie impact of buffet, party, vacation and holiday eating

Perfecting Your Posture

Do you suffer from a sore back, stiff shoulders and neck pain? Poor posture could be the cause. Attend this free postural education seminar for simple ways to address your pain and discomfort. You will learn exercises to strengthen your posture, stretches to relieve the aches and pains, and tips to improve your posture on a daily basis. **Thursday, January 26, 2012 (1:30—3 p.m.)**. Call the Healthy Living Centre to register.

Chronic Low Back Pain: Why Do I Have it & What Can I Do About It?

Are you one of the 10 million people in North America who experiences chronic low back pain? Attend this free seminar that will help you understand what may be causing it and learn self-management strategies such as exercise, postural correction and how to protect your back during daily activities. **Thursday April 12, 2012 (1:30-3:00)**. Call 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 6 week exercise program is based on Foundation Training by Dr. Eric Goodman, and Peter Park. 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. **Thursday April 19, 26, May 3, 10, 17, 24; 4-5pm**.

More Options to Support You On Your Healthy Living Journey

Caring for the Caregiver

Learn strategies for coping as a care provider. Learn techniques to deal with daily challenges with dementia, Parkinson's, stroke and other progressive diseases. Learn about resources that are available in the community and elsewhere. No cost. ***Tuesday, February 14, 1:30—3:30 p.m., Camrose Fire Hall.*** For more information and to register, call the Healthy Living Centre at 780 608 8683.

Fibromyalgia

In this session with Bonnie Klassen, OT, 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! ***Thursday, February 2nd, 2012, 2—3 p.m. at the MSK & CRP Clinic*** (Located inside the Smith Clinic).

Living Well with Chronic Pain

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. ***Thursday, February 16, 2012, 2—3 p.m. at the MSK & CRP Clinic*** (Located inside the Smith Clinic).

Living Your Best Life

Learn how to make positive lifestyle changes to optimize your health and reduce your chances of developing heart disease or stroke. Join our professional staff as they discuss nutrition, exercise and motivation/goal setting. You will come away with practical tips and personalized goals to spur you on to better health. The topics will be covered in a series of three sessions entitled: "Use It or Lose It- Strength & Flexibility", "Making Positive Changes & Setting Goals" and "Heart Wise" and will take place on ***Wednesdays from (1:00 – 2:00 pm)***. Call for dates for each topic.

Ready to Kick the Habit? We Can Help!

Tobacco Reduction Clinic

Learn your Nicotine Score and determine which method of quitting would work best for you. You can become a non-smoker!

Quit Core

This is a free group support program that teaches you how to quit smoking and connects you with others who are also quitting. Dates, times and location to be announced.

**For more information on either of these services or to register
call (780) 672-1181 and begin your Smoke-Free life!**

***Interested in Eating Healthier?
Upcoming Nutrition Classes:***

Supermarket Savvy Grocery Store Tour

Join a Registered Dietitian on a tour of the grocery store to learn how to cut through the clutter of logos and clever marketing to make the healthiest food choices at the grocery store! ***Upcoming tour dates: January 24, February 8, May 13th at 10 a.m. Location to be confirmed.*** Additional tour dates are scheduled as needed – call the Healthy Living Centre for upcoming dates, times and locations. The tour is free but registration is required.

Label Reading 101

Many shoppers make unhealthy choices at the grocery store because of confusing labels and misleading claims on packaging. Our Registered Dietitian will teach unsuspecting shoppers how to read a food label and use this information to help make the healthiest food choices at the grocery store! ***April 24th, 10:00 am., location to be confirmed.*** This class is free, but registration is required.

Heart Wise: Nutrition for Heart Health

“Good food is good medicine” is a phrase which eludes to the fact that good food holds all of the nutrients we need to keep our bodies healthy and free of illness. Heart disease is largely a preventable disease which is influenced by our food and lifestyle choices. At this session, learn the most important tips to improve your heart and blood pressure health. ***January 18, February 29 Or May 23, 1—2 p.m. at the Healthy Living Centre.*** This class is free, but registration is required.

Healthy Eating for Your Body and Mind: Nutrition and Chronic Disease

Are you caught in a cycle where it is challenging to follow a healthy diet due to chronic pain, and your pain is more difficult to manage because you are unable to follow a healthy diet? Learn how to break the cycle and learn how a healthy diet can be a powerful tool against chronic pain. Join the Healthy Living Centre Registered Dietitian, ***Thursday, January 5th at 2 p.m. at the M.S.K. Clinic*** (located in the Smith Clinic). This course is free, but registration is required! To register, call the Healthy Living Centre at 780 608 8683.

What’s Cooking, Good Looking?: Cooking and Baking the Low Fat Way

Fat and sugar are added to recipes to provide tenderness, texture, flavor, sweetness and colour. However, too much fat and sugar in your diet is not good for your health. Learn how to make your favourite recipes healthier by adding less or no fat and sugar to them. ***May 31, 10 a.m., location to be confirmed.*** This class is free, but registration is required.

Unless otherwise stated, please contact the
Healthy Living Centre at 780-608-8683

for more information, to register for any of the programs listed
in this newsletter and confirm class locations!

The Healthy Living Centre January—June 2012 Programs

“Improving Coping Together”

Invited clients from the Camrose Chronic Pain Clinic will give informal presentations/ storytelling/ sharing on topics related to living with purpose in spite of life's challenges. This will be an inspiring day of learning from each other. A hot lunch will be provided! There will be a variety of topics related to living well, exercise, cooking on a budget, the process for getting a medical marijuana license, as well as brief stretches and relaxation breaks to keep you feeling comfortable throughout the day. If you would like to be a presenter, contact Paige or Bonnie at the Chronic Pain Clinic. **Thursday March 22, 2012, 10:00 am – 2:00 pm, MSK and CRP Clinic. Call the Chronic Pain Clinic at (780) 678-3400 to register.**

Get Moving!

Upcoming Classes with a Focus on Exercise:

Breathe Easy Pulmonary Rehab

Breathing problems affecting your ability to perform your daily activity? Something can be done, don't be left breathless. **Tuesdays and Thursdays (10:00am-12:30).**

Low Back Pain Group

These 3 free sessions are aimed at adults with chronic low back pain. You will learn about spinal anatomy, common causes of back pain, postural do and don'ts and protecting your back during daily activities. You will learn to strengthen the muscles that support the back and then be given a home exercise program. **Mon/Wed or Fri (1:00-2:30). Call to register.**

Standing on Your Own - An Adult Balance Program

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. A Physical Therapist and Rehabilitation Assistant will be available to help you with an exercise plan. **Tuesdays (1:30 - 3:30pm). Call to register.**

Duggan Mall Walkers

Do you want to get fit and need a safe place to start? This program is open to older adults who wish to come to the Duggan Mall to walk for leisure or physical activity. Membership is free and operates as a drop in program, meaning you can start and finish at your leisure. You are encouraged to record your distances with our mall walking volunteers so you can receive incentive rewards provided by the mall merchants. You are also invited to attend our Healthy Living Seminars that are scheduled throughout the year. **Tuesday, Wednesday and Thursday each week (9:00 -11:00 am).**

Nordic Pole Walking Clinic

Urban Poling is a fun, easy, and low impact activity for people of all ages. No matter what your fitness level is, Urban Poling, otherwise known as Nordic Walking, is a safe and effective way of enhancing the health benefits of walking. Adding poles to your normal walking routine helps improve your balance, stability, and cardiovascular fitness. Using the poles engages 90% of your muscles for a whole body workout! Want more?! Urban Poling increases calorie burn, enhances mood, and decreases fatigue! Come and join us for this 3 day clinic to learn a great new walking technique! Call the Healthy Living Centre for upcoming clinic dates and to register. Cost for 3 day clinic: \$10.

Get Your Group On!
Group Classes offered by the Healthy Living Centre:

Osteoporosis 101

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-Choices for Better Bones. **Thursday January 12, 2012 (1:30-3:00pm). Call to register.**

Choices for Better Bones

A five week program promoting self management strategies for Osteoporosis. Topics include bone health, nutrition, preventing fractures, safe exercises, medication and promoting safety in the home. Sessions are held once a week and are facilitated by an interdisciplinary health team. **Thursdays February 9 – March 15, 2012 (1:30-3:00) \$15.00/person. Call to register.**

Better Choices, Better Health (Chronic Disease Self-Management Program)

Are you (or is someone you love) dealing with an ongoing health condition? Do you want to learn how you can better manage that health condition? Do you want to be happier and healthier? A FREE *Better Choices, Better Health Workshop* can help you improve the quality of your life or the life of someone you love. Find practical ways to deal with pain, fatigue, and stress. Discover better nutrition and exercise choices, understand new treatment options, and learn better ways to talk with your doctor and family about your health. Take part in this six-session workshop and take charge of your life! **An evening workshop (6:00pm-8:30pm) will run on Jan 23, 30, Feb 6, 13, 27, Mar 5. An afternoon workshop (1:00pm-3:30pm) will run on Feb 27, Mar 5, 12, 19, 26, Apr 2.** Call the Healthy Living Centre for more information or to register (780-608-8683).

Cardiac Rehabilitation Program

The cardiac rehabilitation program is a service provided to individuals who have had recent cardiac events and are referred by medical doctors to strengthen the heart muscle and encourage healthy lifestyle awareness and change. Individuals referred to the cardiac rehab program will be involved in two supervised one hour exercise sessions per week for 6 weeks during which they will be shown how to properly use the cardiovascular equipment, take a manual pulse to monitor exercise heart rate and will be taken through a series of stretching and theraband resistance sessions. Education classes will also be provided covering nutrition, activity modification, health risk factors, medications, heart and lungs how they work, and stress management.