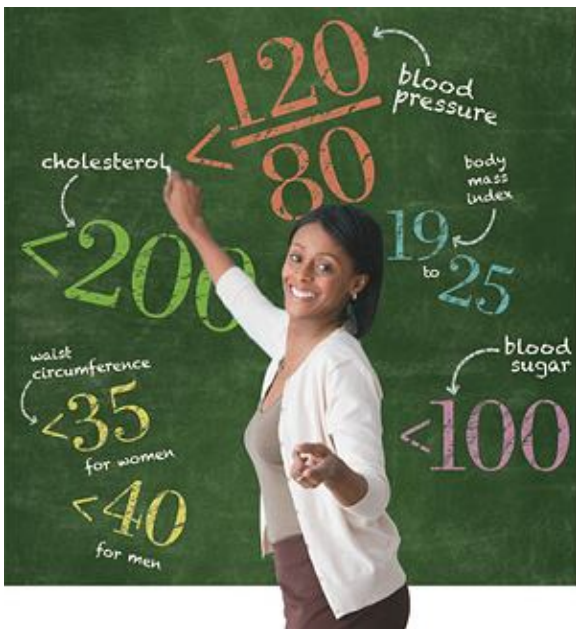


The Healthy Living Centre September—January 2013 Programs



Discover Your Numbers

What makes a person healthy? Are you as healthy as you want to be?



Join the Healthy Living Centre team at our 'Discover Your Numbers' extravaganza to learn what your health numbers are!

**Edgeworth Centre
(4512-53 Street)
Upstairs Concourse
Tuesday September 18th
5-7:30 pm.**

The Healthy Living Centre

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

780-608-8683

“Fall” Into a Healthier You with These Class Options!

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. **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.

September 11	The Truth About What Works in Weight Management
September 27	Moving Matters—Include Physical Activity in Your Day
October 2	Finding Balance—The Roles of Calories in Weight Management
October 16	I Know I Should Eat Healthy, but How?
October 30	Managing Hunger and Appetite
November 15	Minding Stress: Effectively Reduce and Manage the Stress in Your Life Part 1
November 22	Minding Stress: Effectively Reduce and Manage the Stress in Your Life Part 2
November 27	Eating Away from Home and During Special Occasions

Memory Enhancement 101

A one hour education session created by an Occupational therapist to provide an overview on what is memory and common myths about memory changes. Techniques to enhance memory will also be reviewed. **Thursday September 20, 2012 10:30-noon.** For more information or to register please contact the Healthy Living Centre at 780-608-8683.

Memory Enhancement Series

This program is for adults who are interested in learning more about how memory works and what you can do to keep your memory sharp! There are six 1.5 hour sessions that run over 6 weeks. Topics include: How does your memory work? How do lifestyle factors such as nutrition, activity and stress affect memory? Learn strategies and techniques to boost your memory! **Thursdays, September 27th- November 1st 10:30-Noon \$15/person.** For more information or to register please contact the Healthy Living Centre at 780-608-8683.

NEW! Type II Diabetes—Are You At Risk?

If you are at risk for diabetes now is the time to act! A new program from the Healthy Living Centre is here to help you discover if you are at risk for developing diabetes and how to make the simple, healthful lifestyle changes that can stop diabetes in its tracks. Taught by a Physiotherapist and Registered Dietitian, this class brings you easy-to-use information on everything from food options and goal setting to the best ways to burn calories. **Friday, November 16, 1:30—3 p.m., at MSK (located in the Smith Clinic).** For more information or to register please contact the Healthy Living Centre at 780-608-8683.

Arthritis 101

This free 1 ½ hour session includes a brief overview of several types of arthritis, including: osteoarthritis, rheumatoid arthritis and fibromyalgia. Learn about their warning signs, diagnosis and self management strategies. This session is an introduction to the 5 week program, Living Well With Osteoarthritis. **Thursday, Oct. 18 (1:30-3:00). Call to register.**

Are You Living Your Best Life?

More Options to Support You On Your Healthy Living Journey

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.

Living Well With Rheumatoid Arthritis

If you have RA, this 5 session program will provide you with in depth information on many self-management strategies, including: nutrition, therapeutic exercise, medication, joint protection, and an overview of what RA is. Sessions are held weekly and are led by an interdisciplinary health team. **Tuesdays Sept 25 - Oct 23 (10:30-12:00). \$15/person. Call to register.**

Living Well With Osteoarthritis

If you have osteoarthritis, this 5 session program will provide you with in depth information on many related topics to help with self management, such as: nutrition, therapeutic exercise, medication, body mechanics and an overview of what OA is. Sessions are held weekly and are led by an interdisciplinary health team. **Tuesdays Oct 30 – Nov 27 (10:30-12:00). \$15/person. Call to register.**

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 Oct 4, 2012 (7:00- 8:00 pm). Call to register.**

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 September—January 2013 Programs

Interested in Eating Healthier? Upcoming Nutrition Classes:

NEW! “Virtual” 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! **Wednesday, October 11, 2 p.m. Location to be confirmed.** The tour 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. **September 26 or November 7, 1—2 p.m. at the Healthy Living Centre.** This class is free, but registration is required.

NEW! Am I Hungry?: Mindful Eating Workshop

For most people, weight problems and food issues aren't just about what you're eating, but why you're eating in the first place. If you're not eating to satisfy hunger, then what else could be happening? Are you eating in response to other triggers, perhaps the time of day, appetizing food, boredom or stress? Is food meeting other emotional needs for you? Learn how to tune in to your body's ability to know when, what and how much to eat, get off the dieting yoyo and learn to recognize and cope with their triggers for overeating. **Thursday, November 1, 6:30 p.m. at the Healthy Living Centre.** This workshop is free, but registration is required.

NEW! Eating for Energy

Are you on a roller-coaster ride of energy highs and lows? Small nutrition changes can create big energy shifts. Let us show you how nutrition can uplift your energy, and sustain your energy throughout the day. **Thursday, November 22, 2 p.m., location to be confirmed.**

Duggan Mall Walkers: Education Seminars

Once weekly education seminars on various health topics relevant to the Mall Walking demographic. Such topics include, but are not limited to: eye health, dental health, physical activity and aging, nutrition, footwear, arthritis management, etc. Visit the Mall Walking Booth at Duggan Mall for seminar dates and topics.

**Seminars will resume in October 2012 on Mondays
(11:00am-12:00pm).**

The Healthy Living Centre September—January 2013 Programs

Get Moving! **Upcoming Classes with a Focus on Exercise:**

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.**

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).**

NEW! I Hate Exercise Seminar

Has your doctor ever told you that you should start exercising or exercise more? Are you unsure of where or how to start, and what to expect when you do? Do you just hate the thought of exercise?!? You are not alone! Join us for a special seminar designed to take the guess work and dreaded monotony out of exercise. We'll dispel the myths, teach you what to REALLY expect, discuss which exercises give you the best results, and provide suggestions for how to realistically motivate yourself to be more active (and maybe even enjoy it too)! **Thursday, September 27th, from 4:00 – 5:00pm, MSK Clinic.**

NEW! Slim Without the Gym

A follow-up to the "I Hate Exercise Seminar," this 4-week program provides instruction on the different types of exercise and how to design simple, yet effective exercise routines. You'll also learn strategies to help you stick to an exercise plan, and understand the role that other habits—like nutrition and hobbies—play in overall health. Learn how to be slim without always having to utilize the gym. Participants will be encouraged to participate in two post-program follow-up appointments to report on their short- and long-term progress. **Thursday, October 4th, 11th, 18th, 25th from 4:00 – 5:00pm, MSK Clinic.**

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 Education Seminars that are scheduled throughout the year. **Starting again in October 2012 on Tuesdays, Wednesdays and Thursdays each week (9:00 – 11:00am).**

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.

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!

Living Well with Chronic Disease

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

Are you (or is someone you love) living with an ongoing health condition? Do you want to learn how you can better manage that health condition? This six-session hands-on workshop is designed to teach individuals how to properly manage their health and live happy, productive, fulfilling lives. 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. You have the power to take charge of your life! **Mondays (1:00pm – 3:30pm) beginning September 24th. Please call the Healthy Living Centre to register (780-608-8683).**

Chronic Disease Exercise Group

An 8-week combined education and supervised exercise program for individuals living with a chronic disease. Participants will receive training on why exercise is an important component in managing a disease, how to safely exercise, and how to make exercise a lifelong habit. Graduates of this group will have the tools and training they require to maintain physical activity throughout life, resulting in better control of their chronic disease. **Referral required. Tuesdays (1:30 – 3:00pm) beginning October 9th.**

The Healthy Living Centre September—January 2013 Programs

Learn to Pole Walk the “Nordic” Way! Upcoming Classes with a Focus on Pole Walking:

Beginner Nordic Poling Course

Have you seen people walking around Camrose with poles, and wondered why? Adding Nordic Poles to your walking routine can increase your workout benefits without adding a lot of intensity. Easy for anyone to use, poles use 90% of your muscles which increases your calorie burn, decreases strain on your hips, knees, and ankles, and improves your cardiorespiratory fitness. This course introduces you to the benefits of Nordic Poling and teaches you the basic technique so you can add poles to your walk. This course is ideal for everyone, no matter age or fitness level.

NEW! Advanced Nordic Poling Course

Have you been enjoying the benefits of poles, but want to learn new techniques to add more oomph to your walk? This course reviews the Rutland technique of poling, and adds elements of interval training and resistance training. This course will provide information on interval and resistance training, what they are, the benefits of adding them, and how to incorporate them into your poling routine. This course is ideal for those familiar with poling, and already have a regular exercise routine.

NEW! Advanced Nordic Poling Course ~ Hill Edition!

Are you already walking with poles, but want to add a more intense element? Join us as we take Nordic Poling into the hills. Using poles on hills reduces the strain on your hips, knees, and ankles, but also increases the intensity of your workout. This course will teach the proper technique for using poles on hills, and interval training using hills. This course is ideal for those already poling, and can walk small hills without joint pain.

**All Nordic Poling Courses are \$10.
Please call the Healthy Living Centre for dates and locations.**

NEW! Nordic Poling Seminar

Have you seen people walking with poles, and want to learn more about it, but not quite ready to give it try? Or are you already poling and want to learn more about how Nordic Poling became so popular, learn about the benefits, and hear about different techniques? Then this seminar is for you! We will introduce Nordic Poling and provide information on the benefits, how to choose a pole that's right for you, and how poling can be adjusted to your needs. **Seminar is on Sept 7 at 1pm.** Please phone the Healthy Living Centre for details and to sign up.

World COPD Day – November 14th

The Healthy Living Centre will host COPD Care Day involving scheduled appointments, counseling sessions and free breathing tests.

About 210 million people have chronic obstructive pulmonary disease (COPD) and it is predicted that COPD will become the third leading cause of death worldwide by 2030. Key risk factors for COPD are tobacco smoking, indoor and outdoor air pollution, and exposure to occupational dusts and chemicals. If you or someone you know has a breathing problem or has been diagnosed with having COPD, please make sure to attend this important event. **Location TBA.**

Are You Living With Chronic Pain?

Take Control of Your Health and Improve Your Quality of Life With These Class Options:

Living Well with Chronic Pain

This session with Mark Eggink, PT, 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.

Date: To Be Announced.

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!

Date: Thursday August 30, 2012 Time: 2:00-3:00 pm Location: MSK& CRP Clinic

Explain Pain

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 control the dial.

Date: Thursday September 20, 2012 Time: 1:30-2:30 pm Location: MSK& CRP Clinic

Fibromyalgia

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!

Date: Thursday October 25, 2012 Time: 1:30-2:30 pm Location: MSK& CRP Clinic

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

“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!

Registration is limited to 6 participants. **Date: Thursday November 1, 2012 Time: 1:30-2:30 pm Location: MSK& CRP Clinic**

NEW! Achieving Life Balance

In this session with Debbie Sparrow-Sinke, (social worker), you will actively participate in your own action plan that will help you achieve a better sense of “BALANCE” in your own life. Be prepared to share with the group about your own strengths and challenges in this area.

Date: Thursday November 22, 2012 Time: 2:00-3:30 pm Location: MSK& CRP Clinic

Classes are offered free of charge, but registration is required.

Family members are welcome to attend!

Call the Camrose Chronic Pain Clinic at (780) 678-3400 to register.