

THE HEALTHY LIVING CENTRE JANUARY—JUNE 2013 PROGRAMS



Resolutions 2013!

Getting & Staying Motivated in Your Quest for a Healthier Lifestyle!



"I know what I should do, but I just can't seem to do it!" Does this sound like you? Getting and staying motivated is one of the most common issues we face when making changes to our lifestyles. The first step to becoming motivated is to look at why we even want to change! Even the strongest resolve can collapse if you're trying to change for someone else—get thinner for a spouse, quit smoking for a nagging mother, exercise because you're supposed to.

At this workshop, you will learn what is motivation, steps to increase your own motivation, and challenges and solutions to common barriers to achieving

Thursday, January 17

6:30 - 8:30 pm at the Edgeworth Centre

For info. & to register, call 780 608 8683.

The Healthy Living Centre

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

780-608-8683

Interested in Eating Healthier? Upcoming Nutrition Classes:

NEW! Feeding Your Inner Athlete!

We can't all be Michael Phelps but we can aim to fuel our active lifestyle the best we can be! At this workshop you will learn what is healthy eating for athletes, the importance of staying hydrated, eating before, during and after activity and tips for the travelling athlete! **Tuesday, January 29, 6:30 p.m.**
Location to be confirmed.

Heart Wise: Nutrition for Heart Health

“Good food is good medicine” is a phrase which alludes 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. **February 6, March 20, May 1, OR June 12, 1—2 p.m. at the Healthy Living Centre.** This class is free, but registration is required.

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. **Monday, February 12, 10 a.m. Location to be confirmed.** This workshop is free, but registration is required.

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. **Wednesday, April 24 6:30 pm. Location to be confirmed.**

NEW! Staving off Stress: The Relationship between Nutrition and Stress

Moving to a new home, a divorce, changing jobs, exams, money, a traffic jam...the list goes on. Many of life's events often bring along stress. How your body handles stress may depend on how well it's nourished before and during times of stress. At this workshop, led by a Registered Dietitian, we will examine how you are fueling your body, how to fuel your mind and body the healthy way, dietary stress fighters and stress relieving foods. **Wednesday, May 8, 10:30 a.m. Location to be confirmed.**

NEW! Good Carb, Bad Carb: Clearing the Carbohydrate Confusion

If you're confused about carbs, you're not alone! The advice on carbs seems to differ from one day to the next. One day fat is bad and carbs are good; the next day we are told the opposite. It is hard to know the real truth behind carbohydrates. At this session, we will discuss is one carbohydrate truly better than another, the facts and the myths about carbohydrates and how to spot a healthy carb choice! **Wednesday, May 15, 10:30 a.m. Location to be confirmed.**

THE HEALTHY LIVING CENTRE JANUARY—JUNE 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's 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 Education Seminars that are scheduled throughout the year. ***Tuesdays, Wednesdays and Thursdays each week (9:00 – 11:00am).***

NEW! Being Active in a Sedentary World

We have all heard the guidelines about becoming and staying active, but did you know that the amount of time you remain seated can have a huge impact on your health! This course focuses on non-exercise activity thermogenesis (NEAT), and how making small changes to your sitting times can have a huge impact on reducing your risk of developing chronic diseases such as Type II Diabetes, Heart Disease, and Cancer. Come and learn how to be NEAT! Please phone the Healthy Living Centre for more details and to sign up.

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. ***Thursdays; Feb 7—March 14 and a second round March 21—April 25, 4:30-5:30pm.*** Call the Healthy Living Centre to register.

Living Well with Chronic Disease

Better Choices, Better Health

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, January 7—February 11, 1:30—4 p.m.

Please call the Healthy Living Centre to register (780-608-8683).

THE HEALTHY LIVING CENTRE JANUARY - JUNE 2013 PROGRAMS

Keep Warm and Keep Well with These Class Options!

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! **Wednesdays, January 9 – February 13 2:00pm-3:30 pm \$15/person at the MSK Clinic, located beside the Smith Clinic.** For more information or to register please contact the Healthy Living Centre at 780-608-8683.

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 Primary Care Network at 780 608 4927.**

Thursday, January 24	The Truth About What Works in Weight Management
Tuesday, February 12	Moving Matters—Include Physical Activity in Your Day
Thursday, February 21	Finding Balance—The Roles of Calories in Weight Management
Thursday, March 14	Managing Hunger and Appetite
Tuesday, April 16	Minding Stress: Effectively Reduce and Manage the Stress in Your Life Part 1
Tuesday, April 23	Minding Stress: Effectively Reduce and Manage the Stress in Your Life Part 2
Thursday, May 2	I Know I Should Eat Healthy, but How?
Thursday, May 23	Eating Away from Home and During Special Occasions

Success Over Stress

This program is for adults who are interested in learning more about stress triggers and the strategies available for self-management of the stress in their lives. There are three 1.5 hour sessions that run over 3 weeks. Topics include: Prioritization and goal setting; a look at three areas of your life 1) Self-care / home 2) Productivity / work and 3) Leisure; and various strategies including relaxation techniques, visualization, and mindfulness among others. The success of this workshop depends on what you are willing to put in and open your mind to. Everyone from homemakers to CEO's have stress in their life and can benefit from these strategies! **Wednesdays, April 24 – May 8, 2:00pm – 3:30pm. at the MSK Clinic. \$10/person. Bring a friend!** For more information or to register please contact the Healthy Living Centre at 780-608-8683.

NEW! Are You Sabotaging Your Sleep?

This Program is for adults or parents who are interested in learning more about achieving a better nights' sleep for themselves and their kids! There are three 1.5 hour sessions that run over 3 weeks. Topics include: components of quality sleep; barriers to quality sleep; and behavioral sleep hygiene strategies to improve your quality and duration of nighttime sleep. Increase your self-awareness about your sleep habits and make positive changes to lead to a more energetic and rested you! **Wednesdays, May 15 – May 29, 2:00pm – 3:30pm. at the MSK Clinic \$10/person. Sleep well, enjoy life!** For more information or to register please contact the Health Living Centre at 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 learn why exercise is an important component in managing a disease, how to exercise safely, and how to make exercise a lifelong habit. Graduates of this group will have the tools and training necessary to maintain physical activity throughout life, resulting in better control of their chronic disease. **Tuesdays, 1:30 – 3:00pm.** Call the Healthy Living Centre 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 Nutrition” and will take place on **Wednesdays (1:00 – 2:00 pm)**. Call for dates for each topic.

NEW! Is Your Heart at Risk

Let’s celebrate Heart Month together at this 1.5 hour education session, teaching you how to identify your cardiovascular risk factors and what you can do to reduce your risk of developing or the progression of heart disease. We will discuss the Framingham Risk Score Profiles, and you will learn how to calculate your personal cardiovascular risk. Please bring your current cholesterol information for your calculations. **Tuesday, February 5, 2013 (7-8:30pm)**. Call the Healthy Living Centre to register.

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 – Living Well With Osteoporosis **February 21, 2013 (1:30-3:00pm)**. **Call to register.**

Living Well With Osteoporosis

A five week program promoting self management strategies for Osteoporosis. Topics include bone health, nutrition, preventing fractures, safe exercises, medication, fall prevention and promoting safety in the home. Sessions are held once a week and are facilitated by an interdisciplinary health team. **February 28-March 28, 2013 (1:30-3:00) \$15.00/person. Call the Healthy Living Centre 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. **Tuesday, March 5, 2013 (7:00-8:30 p.m.)**. Call the Healthy Living Centre 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!**

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In Partnership with the Camrose Arts Society: Learn to Love the Body You are In!

Have you felt less than thrilled with the reflection in the mirror? If yes, you're not alone! 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 and ditching negative thoughts to feel better about the skin you're in.

Monday, February 4th, 6:30 p.m. at the Camrose Arts Society. Cost \$5.

To register, please call the Camrose Arts Society at (780) 672-9949.

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! For more information or to register call (780) 672-1181 and begin your Smoke-Free life!

QuitCore

This is a free group support program that provides Albertans the tools and skills they need to quit using tobacco. Some of the quitting support techniques include self-hypnosis and behavior modification and relaxation. The program also provides strategies to help with physical and mental recovery, visits from past participants and a support persons' program. Led by trained professionals, the program consists of six 90-minute sessions and incorporates common best practices to help tobacco users quit. ***Each Wednesday, January 16—February 27th, 1—2:30 p at the Camrose Public Library. Call 780-422-1350 1-866-710-QUIT (7848) to register.***

Put Your Best Shoe Forward!

NEW! Which Boots Were Made for Walking?

This program is for women ages 14 and older who are interested in learning about what to look for in footwear to prevent dysfunction, pain and deformity in the feet while taking into consideration societal norms and fashion. There are three 1 hour sessions that run over 3 weeks. Topics include: Common foot conditions caused by poor footwear; characteristics and examples of appropriate footwear; use of orthotics and foot friendly strategies for everyday foot care. Keep your feet fashionable and functional! ***Wednesdays, February 27 – March 13 4:30pm – 5:30pm at the MSK Clinic. \$10/person; free for under 18 yrs. Mothers, bring your daughters and vice versa!*** For more information or to register please contact the Healthy Living Centre at 780-608-8683.

NEW! Footwear & Footcare for Men

This program is for men ages 14 and older who are interested in learning about what to look for in footwear to prevent dysfunction, pain and deformity in the feet while taking into consideration working environments, fashion, and sporting footwear. There are three 1 hour sessions that run over 3 weeks. Topics include: Common foot conditions caused by footwear; specific types of footwear (ie. Workboots, skates, skater shoes, sandals, etc); characteristics and examples of appropriate footwear; use of orthotics and foot friendly strategies for everyday foot care. ***Wednesdays, March 27- April 10 4:30pm – 5:30pm at the MSK Clinic. \$10/person; free for under 18 years. Fathers, bring your sons and vice versa!*** For more information or to register please contact the Healthy Living Centre at 780-608-8683.

THE HEALTHY LIVING CENTRE JANUARY—JUNE 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. **Cost \$10. For dates and to register, call 780 608 8683.**

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. **Cost \$10. For dates and to register, call 780 608 8683.**

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.

National Non Smoking Week: January 20—26

National Non-Smoking Week (NNSW) has been observed for more than 30 years. It is one of the longest running and most important events in Canada's ongoing public health education efforts. Established in 1977 by the [Canadian Council for Tobacco Control](#) (CCTC), its goals are:

- to educate Canadians about the dangers of smoking;
- to prevent people who do not smoke from beginning to smoke and becoming addicted to tobacco;
- to help people quit smoking;
- to promote the right of individuals to breathe air unpolluted by tobacco smoke;
- to denormalize the tobacco industry, tobacco industry marketing practices, tobacco products, and tobacco use; and
- to assist in the attainment of a smoke-free society in Canada.

***Contact the Healthy Living Centre for information on the programs and services
available to support you
in your journey to becoming a non-smoker!***

THE HEALTHY LIVING CENTRE JANUARY – JUNE 2013 PROGRAMS

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 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 January 10, 2013, 2:00 - 3:00 pm at the MSK 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 open the “medicine chest in your brain” and make use of your body’s own natural pain killers! ***Thursday February 14, 2013, 1:30-2:30 pm at the MSK Clinic.***

NEW! Relaxation for Pain Relief

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. A great follow up to Explain Pain. ***Thursday February 28, 2013, 2:00-3:00 pm at the MSK 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! ***Thursday March 14, 2013, 1:30-2:30 pm at the MSK Clinic.***

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 April 11, 2013, 2:00-3:00 pm, at the MSK Clinic.***

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 & challenges in this area. ***Thursday May 9, 2013, 2—3:30 pm, at the MSK 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.

Are These Programs for You?

Some of the programs at the Healthy Living Centre require a referral from your Physician. Talk to your doctor if one of these programs would be beneficial to you:

Breathe Easy Pulmonary Rehab

Are you short of breath? Have you been diagnosed with lung problems such as chronic bronchitis, emphysema, pulmonary fibrosis, asthma or other lung problem? The Breathe Easy Program will help you do more with less shortness of breath. Something can be done, don't be left breathless. ***Tuesdays and Thursdays (10:00am-12:30).***

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.

Chronic Pain Program

The Chronic Pain Clinic in Camrose exists to meet the needs of individuals with chronic pain who require an interdisciplinary approach to find effective ways to manage their pain. The clinic works in partnership with referring physicians and existing community programs, such as physical therapy, education programs, exercise programs and mental health services. Our program requires clients to participate in setting goals and monitoring their progress. Clients are encouraged to participate in the Chronic Pain Education Group and the Chronic Pain Exercise Group, as well as attending the clinic for assessment and follow up appointments. The Chronic Pain Clinics take a combined approach to managing pain. This includes medication, exercise, nutrition, stress management, pacing, relaxation, sleep hygiene, and other strategies.

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 2013 PROGRAMS

We are here to support you to get healthy and stay healthy!

Healthy Living Centre Information

Who can Access the Healthy Living Centre?

Anyone and everyone seeking health and wellness information and services. Services are free unless otherwise noted.

How do I access the Healthy Living Centre?

You can be referred by your physician, family, members of the community or other healthcare providers. You can refer yourself! Come in to the Healthy Living Centre or call for more information!

What will the HLC do?

The Healthy Living Centre will coordinate and address the health status of residents through:

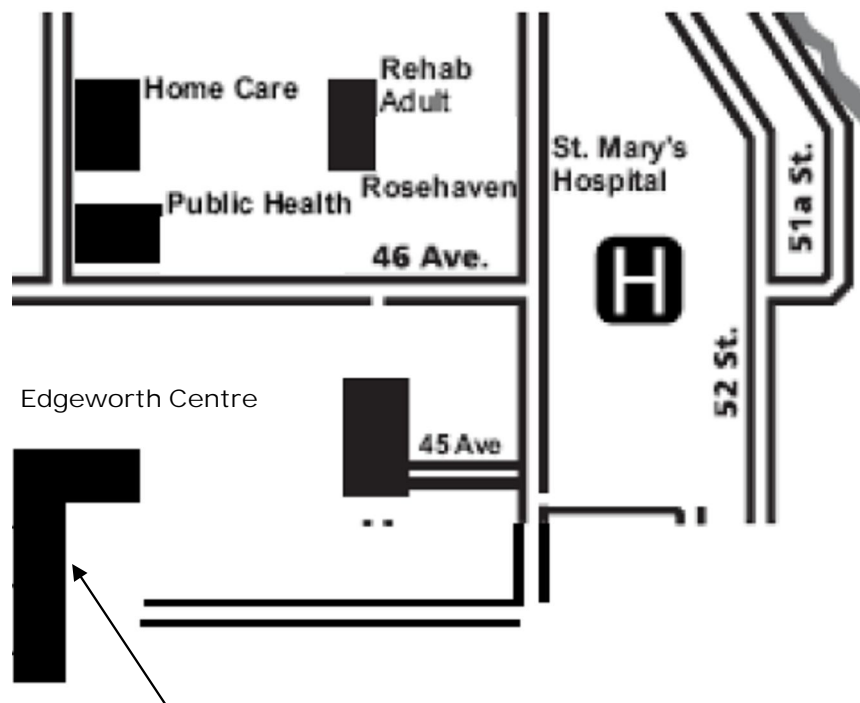
- Health promotion and illness prevention programs
- Recovery from illness or injury (rehabilitation)
- Management options for chronic disease

When is the Healthy Living Centre open?

Monday to Thursday: 8 am to 5 pm

Friday: 8 am to 4:15 pm

Weekend and evening hours will be related to specific programming. Check advertised program information.



The Healthy Living Centre (Central Entrance) 780-608-8683