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"Your life,
your choice,
your health!"

C A M R O S E

healthy

L I V I N G C E N T R E

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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.



Pediatric Weight Management Program

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 service does require a physician referral.
If you are concerned about your child's growth,
please talk with your family physician.**

**For more information,
please call the Healthy Living Centre.**

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.



Explain Pain

Thurs, June 4, 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, July 9, 2—3 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.

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

Thurs, Aug 6, 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!

Fibromyalgia

Thurs, Aug 20, 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!

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. Registration is not required—just drop in!

**All classes run on Thursdays from 6:30—9 pm.,
Meeting Room, Second Floor of the Recreation Centre**

Thurs, June 4	The Truth About What Works in Weight Management
Thurs, June 18	Top 5 Tips to Reduce Calories
Thurs, July 2	Managing Hunger and Appetite
Thurs, July 16	Nutrition: I Know I Should Eat Healthy, but How?
Thurs, Aug 13	Nutrition: Eating Away from Home and During Special Occasions

**For more information and last minute schedule changes,
please contact
the Healthy Living Centre at 780-608-8683.**

Healthy Lifestyles and Chronic Disease Programs *Doctor Referral Needed*

Cardiac Rehabilitation Program

Call 780-608-8683

Every Mon/Wed at 11:00am or 1:00pm

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.

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!

Breathe Easy Program: Pulmonary Rehabilitation

*8 week program, Tues and Thurs, 10—12:30 pm,
MSK Clinic in the Smith Clinic (6601 48 Ave.)*

The purpose of this program is to improve quality of life and functional capacity through respiratory rehabilitation which includes exercise, education and support. If you have been diagnosed with a chronic lung condition, such as COPD (Emphysema, Chronic Bronchitis), Pulmonary Fibrosis or Asthma, this program can slow down the progression of the disease, teach you to manage the disease and proper breathing techniques as well as improve muscle strength, endurance and quality of life.

To register, phone 780 678 3400.

Get Fit with Nordic Pole Walking!

Nordic walking is easy, fun, and low impact. It also is a very convenient way to increase the health benefits of walking for people of all ages and almost all fitness levels. The use of poles also improves balance and increases one's confidence for walking. What's more, Nordic walking burns more calories than regular walking which makes it a great choice if you are trying to become more physically fit.

Poles available for participants to use at the clinic.

**For upcoming dates and times, call the
Healthy Living Centre
at 780-608-8683.**

ADULT SPEECH & LANGUAGE SERVICES

Do you or does someone you know struggle with:

- Swallowing and feeding?
- Understanding others?
- Communicating ideas?
- Speaking clearly?
- Interacting with family and friends?
- Stuttering?
- Voice problems?
- Reasoning and problem solving?

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 TAWNYA
AT 780-678-3417**



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—2 p.m.**
Call to confirm dates for each topic.

Heart & Lungs *June 3 *or* July 22*

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 *June 10 *or* July 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 17 *or* Aug 5*

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.

Heart Wise: Nutrition for Heart Health *June 24 *or* Aug 12*

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.

Energy Conservation *July 8 *or* Aug 19*

This session will teach you how to determine for yourself 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 15 *or* Aug 26*

Making lifestyle changes can be overwhelming. This session will review the steps of making changes and teach individuals goal setting strategies and relaxation techniques.

Nutrition for Bone and Joint Health

Wednesday, August 19
1:15—2:30 pm

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.

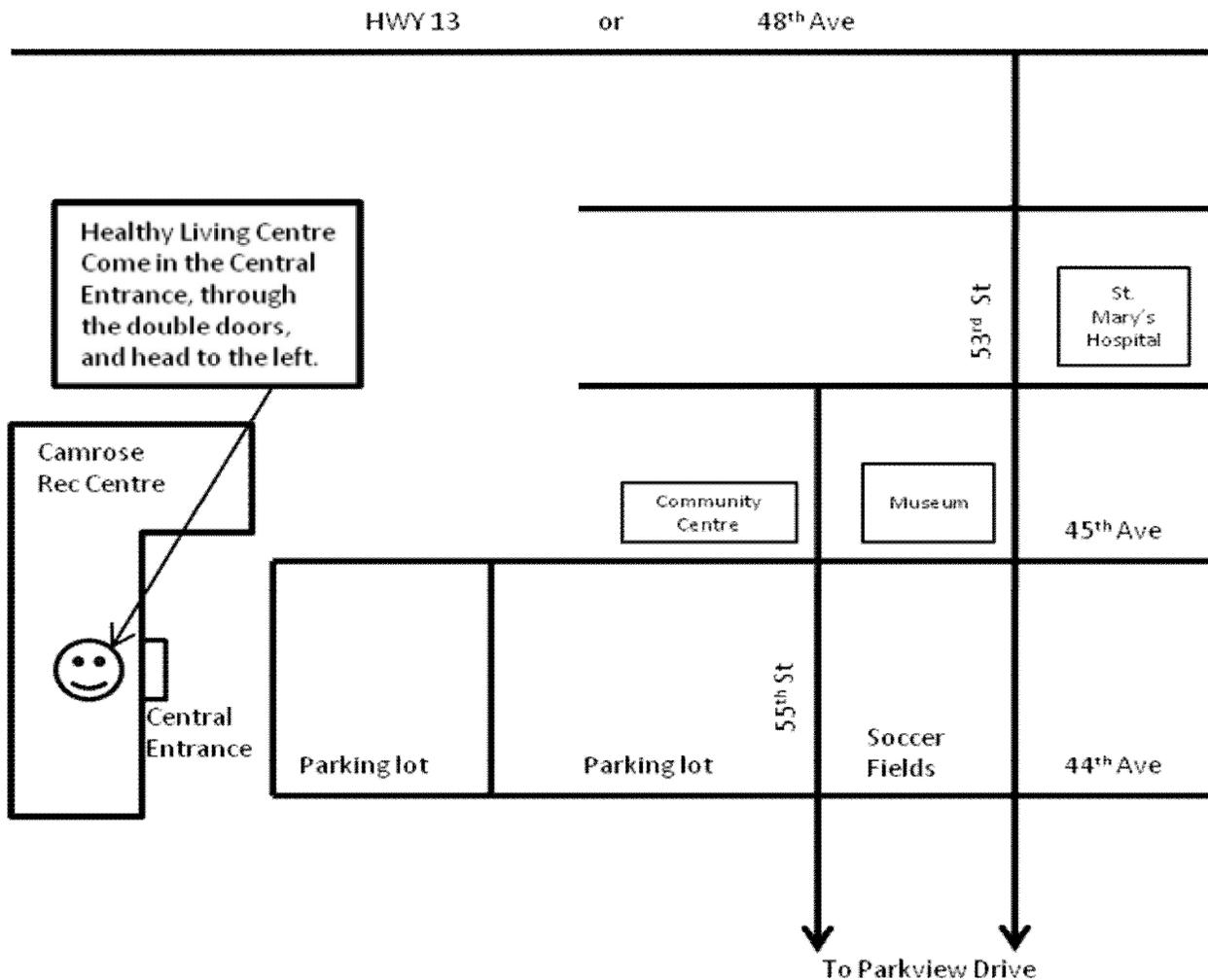


Healthy Living Centre

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!**