

Sept Oct Nov 2015

**"Your
life, your
choice,
your
health!"**

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C A M R O S E

healthy

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

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WEIGHT WISE GROUP EDUCATION SESSIONS

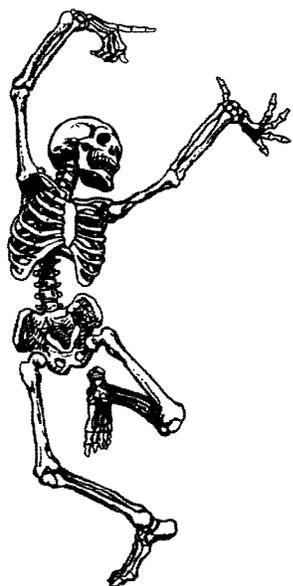


These workshops focus on topics such as eating habits and patterns, nutrition, stress, emotional eating, setting goals and activity. Anyone who may benefit from learning about weight management may attend these group education classes, but they are designed specifically for adults (18 years and older) with obesity.

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

Sept 23	Getting Started: Planning for Success
Sept 30	Nutrition: The Truth About What Works in Weight Management
Oct 7	Lifestyle Change: A Toolkit for Success
Oct 14	Nutrition: The Top 5 Tips to Reduce Calories
Oct 21	Moving Matters: Include Physical Activity in Your Day
Oct 28	Managing Hunger and Appetite
Nov 4	Nutrition: I Know I Should Eat Healthy, but How?
Nov 11	No session due to Remembrance Day
Nov 18	Minding Stress—Part 1
November 25	Minding Stress—Part 2
Dec 2	Eating Away from Home and During Special Occasions

**THESE CLASSES ARE FREE OF CHARGE, BUT REGISTRATION IS REQUIRED.
FOR MORE INFORMATION AND TO REGISTER,
PLEASE CALL 1-877-314-6997**



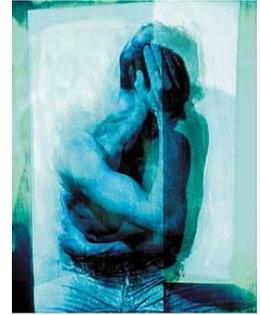
NUTRITION FOR BONE AND JOINT HEALTH

*Wednesday, Sept 30 *or* Nov 18 *or* Dec 9
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.**

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.**

Mindfulness

Thurs, Sept 10, 2—3 pm

Introduction to Mindfulness Meditation with Bonnie Klassen, OT.

Explain Pain

Thurs, Oct 1, 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, Nov 12, 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, Nov 19, 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, Dec 10, 2—3 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!



BETTER CHOICES, BETTER HEALTH LIVING WELL WITH CHRONIC DISEASE

Do you want to learn how you can better manage
your chronic health condition?

This 6 week hands-on workshop teaches you how to
properly manage your health and live a happy, productive and fulfilling life!

Every Mon, Sept 14—Nov 2, 1:30—4 pm

(Note: No session Oct 12 due to Thanksgiving Day)

CALL 1-877-314-6997 TO PRE-REGISTER!



HEART WISE: MANAGING CHOLESTEROL AND BLOOD PRESSURE

This 3 hour comprehensive session is intended for people diagnosed with high blood pressure and/or high cholesterol (newly diagnosed or needing an update) as well as people diagnosed with risk factors of heart disease. You will learn:

- Causes, risk factors and complications
- 6 nutrition tips to improve heart health
- Other lifestyle choices affecting heart health
- How to correctly take your own blood pressure
- Recommended blood pressure and lab values
- Importance of self-management
- Making lifestyle changes

TUESDAY, OCT 6, 9 AM—12 PM

FOR MORE INFORMATION AND TO REGISTER FOR THIS CLASS,
PLEASE CALL 1- 877-314-6997

DOES HEALTHY EATING INTEREST YOU? COME AND CHECK OUT THESE UPCOMING COURSES

Cooking for One or Two

Thurs, Nov 26; 1:30—2:45 pm; MSK Clinic (inside the Smith Clinic)

Sometimes, cooking for one or two may seem like it's not worth the trouble; however, everyone needs a variety of foods to stay healthy. Homemade meals usually are more nutritious, better tasting and more economical, compared with restaurant meals. Cooking for one or two people can be simple and enjoyable! Learn how!

Healthy Eating Starts Here: Hold the Salt

Weds, Oct 7, 1:30—2:45 pm; MSK Clinic (inside the Smith Clinic)

Learn about the health consequences of eating too much sodium, where sodium is found and strategies to reduce your sodium intake.



HEALTHY EATING STARTS WHERE YOU LIVE, WORK, LEARN AND PLAY!

Healthy Eating Starts Here: Steps to a Healthier You helps Albertans understand what it means to eat healthy and how to make personal changes in their eating habits where they live, work, learn or play.

Visit <http://www.albertahealthservices.ca/5602.asp> for more steps to a healthier you!



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 *Sept 2 *or* Oct 14*

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 *Sept 9 *or* Oct 21*

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 *Sept 16 *or* Oct 28*

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 *Sept 23 *or* Nov 4*

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 *Sept 30 *or* Nov 18*

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 *Oct 7 *or* Nov 25*

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

Parkinson's Disease Sing Away Your Symptoms!

Do you or someone you love have Parkinson's disease?

This weekly singing group will target improving your volume, speech clarity, and overall vocal strength for talking. Starts Fall 2015.

**For more information, contact
Tawnya or Amanda at
(780)-678-3417.**



Breathe Easy Program: Pulmonary Rehabilitation

*8 week program, Tues and Thurs, 10—12:30 pm,
MSK Clinic in the Smith Clinic (6601 48 Ave.)
Next program start dates: Sept 1 and Oct 27*

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.

*This 3 session clinic runs Sept 14, 16 and 21 from
4:30—5:30 pm.*

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

HEALTHY LIFESTYLES AND CHRONIC DISEASE PROGRAMS

*The following programs require a
physician referral.*

*If you feel one of these programs,
would be of benefit to you, please
speak with your family physician.*

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!

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.



GET MOVING!

WITH OUR EXCITING EXERCISE COURSES

Duggan Mall Walkers

Are the thoughts of winter blues getting you down? Are you wanting to walk outside this winter but concerned about slipping on the snow and ice? Come join the Duggan Mall Walkers on Monday and Wednesday mornings from 9-11 AM for some group walking! This FREE group meets at the Mall Walker's Booth located next to Hallmark Cards at Duggan Mall. Come on out to meet some new friends, do some window shopping and maybe sing a song or two! Walking is a great way to minimize the risk of injury, maintain fitness, manage weight and reduce the risk of onset of bone diseases such as osteoporosis or osteopenia. First meeting is on Wednesday October 14, 2015.

Overcoming Obstacles: Becoming Your Own Role Model

Are you suffering from a chronic disease or condition? Are you wishing to find a way to manage your symptoms but are not sure which steps to take? Join Deanna, a Kinesiologist, in a 10 week long supervised exercise program targeted toward helping you manage your symptoms and improving your overall quality of life. The program meets twice per week for 1 ¼ hours on the walking track at the upper floor of Camrose Recreation Center. Referral from a health care provider and an initial intake assessment is required prior to participation in the program. Space is limited. The purchase of a monthly track pass (\$14.00/mo) is required. For more information about the program or the next start date, contact Deanna at 780. 608. 8683 or via e-mail at Deanna.Trzeciakowski@albertahealthservices.ca

Bone-tastic: Exercise for Healthy Bones

Tues and Thurs, Nov 10—Dec 3, 1:30—3 pm
For the first session, please meet at the Healthy Living Centre

Exercise can help prevent bone loss and stimulate the cells to build new bone.
It is also one of the best ways to help prevent fractures.

This 4 week exercise program, geared towards individuals with osteoporosis or osteopenia, will teach participants safe balance, posture and strength exercise and give the opportunity to practice them in a supervised environment.

Priority will be given to first time participants.
Participants will be required to have a valid Walking Track Pass (\$14).

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!

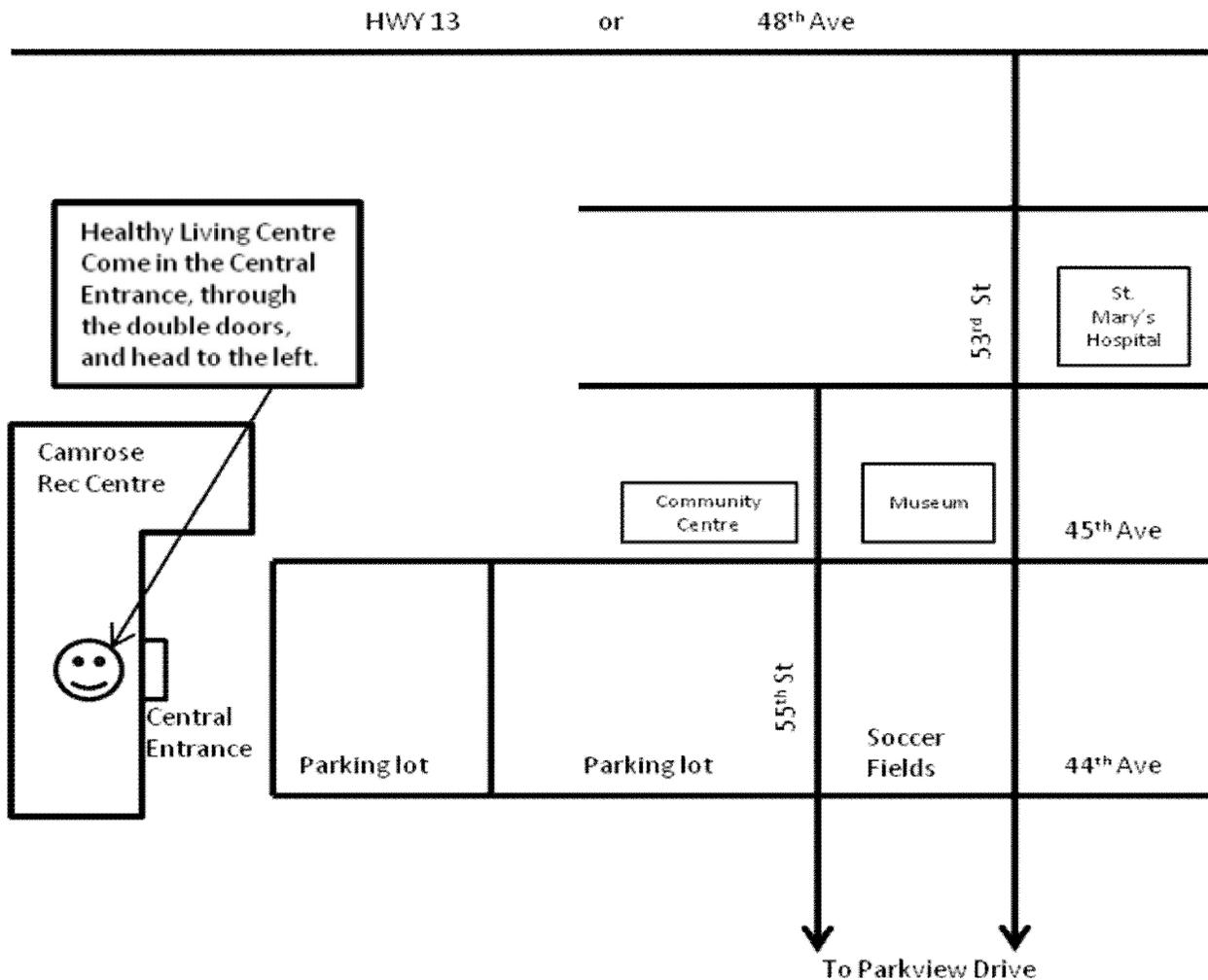
**Please call the
Healthy Living Centre at
780-608-8683
for the most updated
information regarding
programs and services.**

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!**