

**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**

**Program Offerings**



**Alberta Health  
Services**

**780-608-8683**

# NUTRITION FOR BONE AND JOINT HEALTH

For people waiting for hip or knee 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.

**Call the dietitian at the Healthy Living Centre at 780-608-8683  
to inquire about upcoming class dates and times.**

## 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 1:00—2:00 p.m. in the Exercise Physiology Lab.

***Call 780-608-8683 to confirm dates for each topic.***

### **Meds & Me**

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**

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.

### **Conservation & Compensation**

This session will review the cognitive changes that occur following a cardiac event and ways to compensate. You will also learn 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**

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

### **Heart & Lungs**

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**

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.

# ALBERTA HEALTHY LIVING PROGRAM COURSES

These classes are free of charge, but registration is required.

For more information and to register for these and other classes offered by the Alberta Healthy Living Program, please call **1-877-314-6997**.

## **Diabetes: 2 Part or 4 Part Series**

Learn self-management skills for people with Type 2 or Pre-diabetes; learn what diabetes is, the value of monitoring blood sugar, the basic types of diabetes medications, how foods affect blood sugar, practical tips for label reading and meal planning, the benefits of keeping active, the how and why of taking care of your feet.

## **Heart Wise: Managing Blood Pressure and Cholesterol (2 Part Series)**

Learn about high blood pressure, high cholesterol and how lifestyle choices can improve heart health.

## **Better Choices, Better Health: Chronic Disease Self-Management Program (6 Sessions)**

For individuals living with various long-term health conditions and learn skills to increase confidence in managing your condition.

## **Minding Stress: Effectively Reduce and Manage the Stress in Your Life (2 Part Series)**

Understand the impact of stress and learn steps to build awareness of your stressors. Learn practical stress management skills to create an effective stress management plan.

## **Getting Started: Planning for Success**

Learn how weight affects our health and strategies to get started with weight management and learn about treatment options for weight management.

## **Lifestyle Change: A Toolkit for Success**

Learn how to apply the change process for making healthy, sustainable lifestyle changes and strategies such as decision making, goal setting, problem solving and trapping negative thoughts will be discussed.

## **Managing Emotional Eating (3 Sessions)**

Learn about what influences eating behaviors and build skills and learn tools to help manage emotional eating.

## **Moving Matters: Including Physical Activity in Your Day**

Learn about different types of physical activity and their benefits and receive tips on how to get more physically active and set your own activity goal.

## **Nutrition: Eating Away from Home and Special Occasions**

Learn how eating away from home affects weight management and develop a plan to manage calories when dining out.

## **Nutrition: I know I Should Eat Healthy, But How?**

Learn meal planning tips through using Plan, Purchase, Prepare, and Pack and practice meal planning in class.

## **Nutrition: The Top 5 Tips to Reduce Calories**

Learn about the Top 5 Tips and how to use them to reduce calories for weight management.

## **Nutrition: The Truth About What Works in Weight Management**

Learn how meal patterns, food choices and portions affect weight management.

# DO YOU STRUGGLE WITH CHRONIC PAIN? WE CAN HELP!

## Camrose Chronic Pain Education Sessions

For the classes below please call the Camrose Chronic Pain Clinic (780-678-3400) to inquire about upcoming dates and to register.

All classes are located at the MSK & CRP clinic (inside the Smith Clinic).

### **Relaxation for Pain Relief**

If you have health challenges or chronic pain, you will know that stress makes your symptoms worse. Yet, relaxation doesn't come easily to us when we have pain. Come to learn and practice basic strategies to help you to relax.

### **Mindfulness**

This is an introduction to the role of mindfulness techniques to decrease pain and stress, and increase your moment-to-moment awareness. Mindfulness is an important component to an effective pain management plan.

### **Introduction to Pain Recovery**

Learn about our own resilience and draw on your strengths to face life's challenges including pain. Meet others with pain in a mutually supportive environment. We may have pain, but we can choose not to suffer!

### **Explain Pain**

Increase your understanding of how your brain interprets safety vs danger 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!



## **BREATHE EASY PROGRAM: PULMONARY REHABILITATION**

For the class below please call the Camrose Chronic Pain Clinic (780-678-3400) to inquire about upcoming dates and to register.

All classes are located at the MSK clinic (inside the Smith Clinic).

Cost: \$10.00

**An 8 week exercise and education program for adults who have a chronic lung disease diagnosis confirmed by a doctor.**

The Pulmonary Rehab Program provides those who have a chronic respiratory disease with a friendly, supportive environment in which they can learn how to better manage their chronic condition, improve their fitness level and reduce admissions to hospital. With the help of respiratory therapists, kinesiologists, and therapy assistants, patients will learn more about their lung condition and how their medications work to help them, how to conserve energy and how to better manage stress.

Program sessions are held twice a week on Tuesday's and Thursday's include a one-hour presentation on a different topic each session, and a one and a half hour exercise session. We also offer smoke cessation programs and are available to discuss this with anyone who is interested.

## **GLA:D PROGRAM**

**GOOD LIFE WITH OSTEOARTHRITIS IN DENMARK**  
ADAPTED FOR USE IN CANADA

**GLA:D**<sup>TM</sup>  
CANADA

For the class below please call the Camrose Healthy Living Centre (780-608-8683) to inquire about upcoming dates and to register.

All classes are located at the Healthy Living Centre (inside the Recreation Centre).

**A 7 week exercise and education program for adults who have an osteoarthritis diagnosis confirmed by a doctor.**

Based on Good Life with Osteoarthritis in Denmark, The GLA:D Canada<sup>TM</sup> program is a nationwide evidence-based initiative that follows the current recommendations for the treatment of hip and knee osteoarthritis. In Denmark, this program has been shown to reduce the progression of symptoms by 36% in patients living with mild, moderate, and severe osteoarthritis, and may delay or prevent the need for surgical intervention.

The class is lead by a Physical Therapist or Kinesiologist and Therapy Assistant.

Program sessions are held twice a week for 1.5 hours of exercise after completing 2 education classes about osteoarthritis.

# Standing on your Own: An Adult Balance Group

Are you finding that poor balance is having an impact on your confidence in completing your day-to-day activities? Have you perhaps fallen, or have had concerns about having a fall in the future?

The Adult Balance Group is a free 8-week-long program that is facilitated by a Kinesiologist.

Classes incorporate both interactive lecture-style presentations and exercise-based exercise education. All participants receive individualized exercise programs as part of the participation. Registration and an intake assessment are required for participation. For more information or to register, contact the Healthy Living Centre at (780) 608 8683.

## Introduction to Nordic Pole Walking

Nordic poles were initially invented by a Finnish ski coach, but they have quickly become more and more popular. Benefits of using Nordic poles include a 30% increase in calories burned during walks, improved posture and balance, improved bone strength, reduced stress on knees and postural improvements. Led by a Kinesiologist, this free 2-day course takes place outdoors and will cover the several uses of Nordic poles to best meet your specific needs. Nordic poling techniques while climbing hills, walking on grass and walking on flat pathways will be reviewed. Space is limited.



### Call for upcoming dates and times!

QuitCore is a **FREE** group support program that provides Albertans (18+) with the tools and skills they need to quit using tobacco for good.

The program consists of six, two-hour sessions over six weeks.

Join a group in your community and make new friends, share your stories and celebrate milestones together.

1. Register Online at [www.albertaquits.ca](http://www.albertaquits.ca) and create an online account
2. Register by phone. **Call 1-866-710-QUIT (7848)** toll-free to find out about an upcoming group session in your community.

Registration in the Quitcore program qualifies participants for

**\$500.00 of Nicotine Replacement Therapies**

(Champix, Zyban and/or Nicotine Replacement Therapies  
such as the Patch, Gum, Lozenges, Mouth Spray and Inhaler)

# HEALTHY LIFESTYLES & CHRONIC DISEASE PROGRAMS

*The following programs require a physician referral.*

## **Cardiac Rehabilitation Program Call 780-608-8683; Every Mon/Wed**

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.

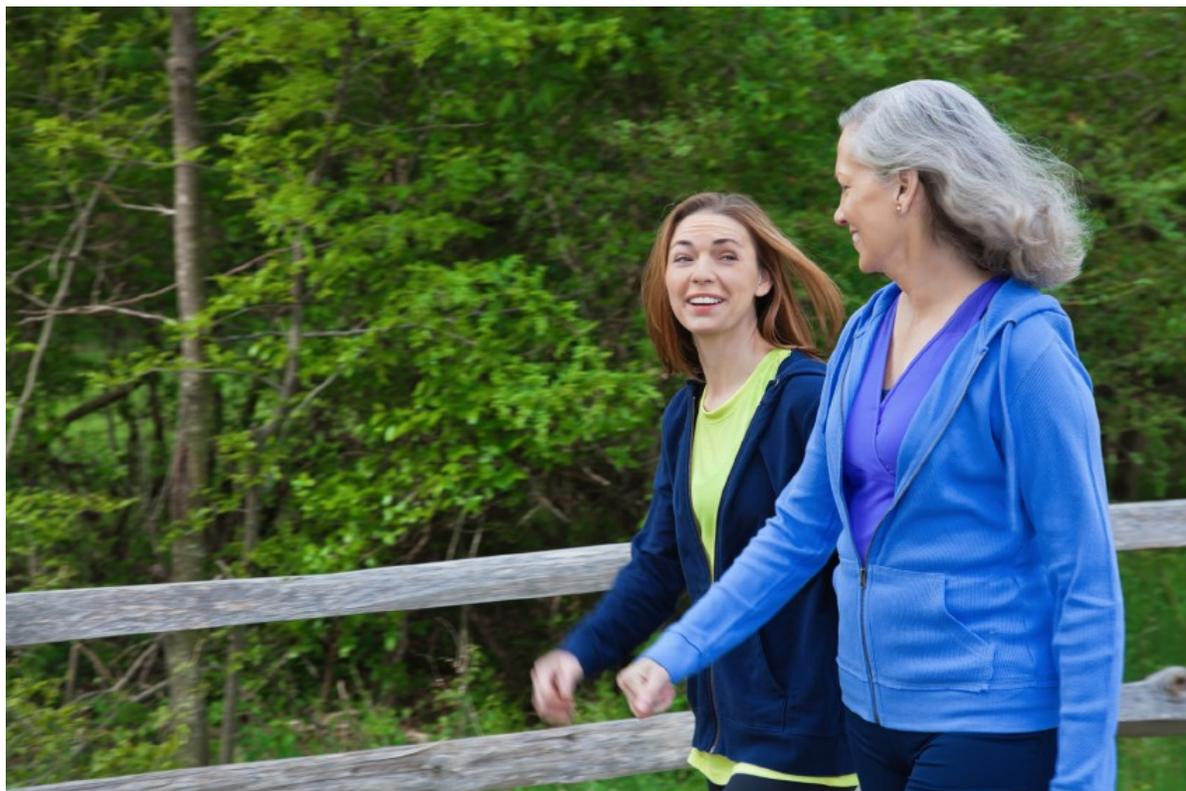
**Note: There is a \$30 fee for this program.**

## **Chronic Pain Clinic 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.





## INTERESTED IN ONE OF OUR PROGRAMS?

### **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.

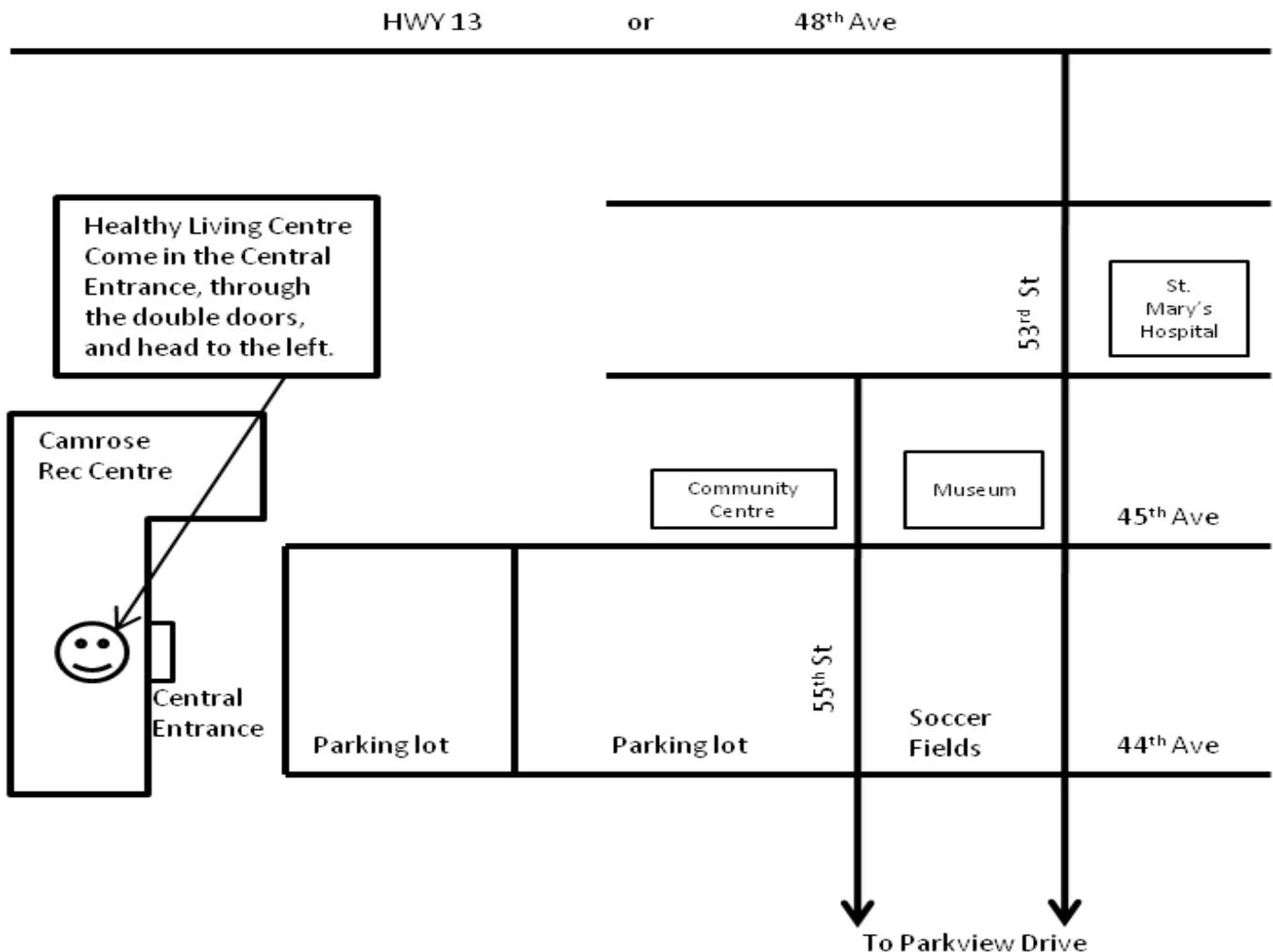


# Healthy Living Centre

Suite #1203 Camrose Recreation Centre (Central Entrance) Camrose, AB

**780-608-8683**

**Call for information, details, and registration**



**Helping You Get Healthy and  
Stay Healthy!**