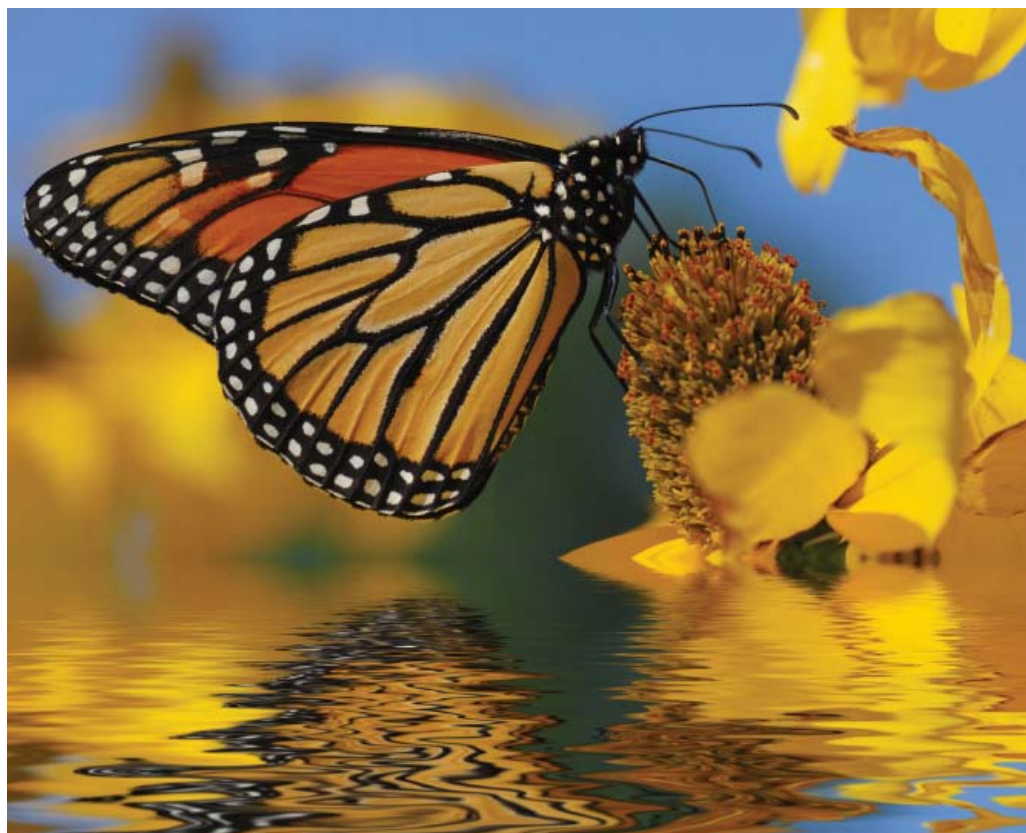


LIVING WELL

WITH A

Chronic Condition

Spring & Summer 2010
(April 2010 – September 2010)



Education for your Health

Education Classes	Exercise Classes	Self-Management Workshop (Row Your Own Boat)
<p>Disease specific and general topics are offered in different formats and for different lengths of time. Classes are led by healthcare professionals or trained volunteers and are free. Many classes are offered in Cantonese and Punjabi.</p>	<p>Exercises are taught and monitored by healthcare professionals so that people of all abilities and limitations can exercise safely. The eight week program costs \$80. Subsidies are available for those who qualify.</p>	<p>People with all types of chronic conditions take part in a six week workshop. They share ideas and learn the skills they need to live successfully with their conditions. Workshops are led by trained leaders, are free, and are offered in Cantonese and Punjabi.</p>
<p>Spouses, support persons and/or caregivers may attend all classes.</p>		

To Register Call: 403-9-HEALTH (403-943-2584)
To View: www.calgaryhealthregion.ca/cdm



Class Index:

Advanced Insulin Pumping	Living with Stroke
Arthritis 101	Osteoporosis - Bone Up on Exercise NEW!
Celiac Disease – Going Gluten-Free	Osteoporosis and Bone Health
Cholesterol and Blood Pressure Essentials NEW!	Pain Self-Management
COPD – Breathing Matters	Parkinson's Balance and Mobility
Dementia: Developing a Positive Perspective	Parkinson's Medication Information
Diabetes Essentials	Parkinson's Social Interaction, Memory and Concentration
Explaining Pain	Pre-Diabetes – Reducing Your Risk
Food and Mood	Row Your Own Boat (Self-Management Workshop)
Hoping and Coping: Ways to Grow Your Own Hope	Slips, Trips and Falls
Introduction to Insulin Pump	Smart Moves (Chronic Pain)
Kidney Basics 101	Smoke Free (My Path to a Smoke-Free Future)
Life After Gestational Diabetes	Stroke 101
Lifestyles – Nutrition	Vitamins, Minerals and Herbs
Lifestyles – Physical Activity	Your Marvelous Brain
Living Well with Stress NEW!	

<p><u>Advanced Insulin Pumping</u></p> <p>One 2-hour session Learn how to maximize your pump and use more advanced pump features. You will learn about being on a pump and exercising, using different types of boluses, using temporary basal rates, and reassessing basal rates.</p>	<p><u>Who is the class for?</u></p> <p>People who have been on a pump for six months or more</p>
---	---

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Richmond Road Diagnostic & Treatment Centre	Mon	1:00 pm - 3:00 pm	Aug. 16, 2010

<p><u>Arthritis 101</u></p> <p>One 2-hour interactive workshop</p> <ul style="list-style-type: none"> Includes multimedia presentation and interactive workbook Features a hands-on approach which focuses on the ABC's of Arthritis: Arthritis information, How to Be a self-manager, Community connections <p>Workshops are led by trained volunteer leaders who also have Arthritis.</p>	<p><u>Who is the class for?</u></p> <p>People newly diagnosed with Arthritis or looking for more information about the disease</p>
--	---

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Airdrie – Genesis Place	Mon	6:30 pm - 8:30 pm	Jun. 21, 2010
South Calgary Health Centre	Wed	6:30 pm - 8:30 pm	May 12, 2010
VRR1	Tue	10:00 am - 12:00 pm	Apr. 13, 2010
VRR1	Tue	10:00 am - 12:00 pm	Jun. 8, 2010
VRR1	Tue	10:00 am - 12:00 pm	Sep. 21, 2010

<p><u>Celiac Disease – Going Gluten-Free</u></p> <p>One 3-hour session In this session you will learn:</p> <ul style="list-style-type: none"> What is Celiac Disease Healthy eating on a gluten-free diet Where to buy gluten-free food, eating out gluten-free and label reading 	<p><u>Who is the class for?</u></p> <p>People diagnosed with Celiac Disease or Dermatitis Herpetiformis and their support persons</p>
---	--

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Sheldon M. Chumir Health Centre	Mon	4:30 pm - 7:30 pm	Apr. 12, 2010
Sheldon M. Chumir Health Centre	Wed	12:30 pm - 3:30 pm	Apr. 28, 2010
Sheldon M. Chumir Health Centre	Mon	4:30 pm - 7:30 pm	May 31, 2010
Sheldon M. Chumir Health Centre	Wed	9:30 am - 12:30 pm	Jun. 16, 2010
Sheldon M. Chumir Health Centre	Mon	4:30 pm - 7:30 pm	Jul. 12, 2010
Sheldon M. Chumir Health Centre	Mon	4:30 pm - 7:30 pm	Aug. 9, 2010
Sheldon M. Chumir Health Centre	Thu	12:30 pm - 3:30 pm	Sep. 9, 2010
Sheldon M. Chumir Health Centre	Mon	4:30 pm - 7:30 pm	Sep. 27, 2010
South Calgary Health Centre	Thu	12:30 pm - 3:30 pm	Apr. 8, 2010

Celiac Disease – Going Gluten-Free (cont.)

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
South Calgary Health Centre	Wed	12:30 pm - 3:30 pm	Jun. 9, 2010
South Calgary Health Centre	Wed	12:30 pm - 3:30 pm	Aug. 25, 2010
VRRRI	Mon	12:30 pm - 3:30 pm	Jun. 28, 2010

Cholesterol and Blood Pressure Essentials

One 2 to 3-hour session

In this session you will learn:

- What are cholesterol, triglycerides and blood pressure
- Why is high blood pressure risky
- How to improve your cholesterol, triglycerides, and blood pressure through lifestyle changes and by using healthy eating tips.
- How to determine your risk for heart disease.

Please bring \$5.00 (exact change) for Lifestyles book.

Who is the class for?

People with high Blood Pressure (blood pressure above 140/90, or above 130/80 for diabetics) or individuals who have been told they have high LDL cholesterol (also known as “bad” cholesterol), Dyslipidemia, or high triglycerides

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Airdrie – Genesis Place	Mon	6:00 pm - 8:00 pm	Jun. 14, 2010
Airdrie – Genesis Place	Mon	9:00 am - 11:00 am	Aug. 9, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Mon	9:00 am - 12:00 pm	Jun. 21, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Mon	9:00 am - 12:00 pm	Sep. 20, 2010
Calgary Foothills Primary Care Centre	Thu	5:30 pm - 8:30 pm	Apr. 29, 2010
Calgary Foothills Primary Care Centre	Thu	5:30 pm - 8:30 pm	Jun. 10, 2010
Calgary Foothills Primary Care Centre	Thu	5:30 pm - 8:30 pm	Sep. 2, 2010
Cochrane – Nan Boothby Library	Tue	1:00 pm - 4:00 pm	May 25, 2010
Crowfoot YMCA	Thu	1:00 pm - 4:00 pm	Jul. 22, 2010
Dashmesh Culture Senior Society – Punjabi	Tue	1:30 pm - 3:30 pm	Jun. 8, 2010
Marlborough Community Centre	Wed	8:30 am - 11:30 am	Apr. 14, 2010
Marlborough Community Centre	Wed	8:30 am - 11:30 am	Jul. 7, 2010
Marlborough Community Centre	Wed	8:30 am - 11:30 am	Sep. 29, 2010
Renfrew Pool and Fitness	Thu	8:30 am - 11:30 am	May 27, 2010
Renfrew Pool and Fitness	Thu	1:00 pm - 4:00 pm	Jun. 24, 2010
Renfrew Pool and Fitness	Thu	8:30 am - 11:30 am	Aug. 19, 2010
Richmond Road Diagnostic & Treatment Centre	Wed	12:30 pm - 3:30 pm	Apr. 21, 2010
Richmond Road Diagnostic & Treatment Centre	Sat	8:30 am - 11:30 am	Jun. 26, 2010
Richmond Road Diagnostic & Treatment Centre	Wed	12:30 pm - 3:30 pm	Jul. 14, 2010
Richmond Road Diagnostic & Treatment Centre	Sat	8:30 am - 11:30 am	Sep. 18, 2010
South Calgary Health Centre	Thu	12:30 pm - 3:30 pm	Apr. 8, 2010
South Calgary Health Centre	Thu	8:30 am - 11:30 am	Jun. 3, 2010
South Calgary Health Centre	Thu	8:30 am - 11:30 am	Aug. 26, 2010
South Calgary Health Centre	Thu	12:30 pm - 3:30 pm	Sep. 23, 2010
Westwinds Superstore – Punjabi	Mon	4:00 pm - 6:00 pm	May 31, 2010

COPD – Breathing Matters

Three to five 1 to 1.5-hour sessions

In these sessions you will learn:

- What is COPD (Chronic Obstructive Pulmonary Disease)
- Information about lung medications and inhalers
- Helpful breathing tips
- How to recognize when your breathing gets worse and what to do about it

Who is the class for?

People diagnosed with COPD

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Airdrie – Genesis Place	Mon	12:00 pm - 1:30 pm	May 10, 17, 31 and Jun. 7, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Thu	10:00 am - 12:00 pm	Sep. 9, 16, 23, 30 and Oct. 7, 2010
Cochrane – Nan Boothby Library	Tue	11:30 am - 1:00 pm	May 25, Jun. 1, 8 and 15, 2010
Jewish Community Centre	Thu	11:00 am - 12:00 pm	Apr. 15, 22, 29 and May 6, 2010
Jewish Community Centre	Thu	11:00 am - 12:00 pm	Aug. 12, 19, 26 and Sep. 2, 2010
Marlborough Community Centre	Mon	9:15 am - 10:15 am	May 3, 10, 17, 31 and Jun. 7, 2010

COPD – Breathing Matters (cont.)

SITE	DAYS	TIME	SESSION DATES
Marlborough Community Centre	Mon	12:30 pm - 1:30 pm	Jun. 7, 14, 21, 28 and Jul. 5, 2010
Marlborough Community Centre	Mon	9:15 am - 10:15 am	Jul. 12, 19, Aug. 9, 16 and 23, 2010
Marlborough Community Centre	Mon	12:30 pm - 1:30 pm	Aug. 30, Sep. 13, 20, 27 and Oct. 4, 2010
Okotoks – Foothills Centennial Centre	Mon	11:00 am - 12:30 pm	May 10, 17, 31 and Jun. 7, 2010
Shawnessy YMCA	Wed	2:30 pm - 4:00 pm	May 5, 12, 19 and 26, 2010
Strathmore – Municipal Library	Wed	1:00 pm - 2:30 pm	Apr. 14, 21 and 28, 2010
VRRRI	Thu	10:45 am - 11:45 am	Apr. 29, May 6, 13 and 20, 2010
VRRRI	Thu	10:45 am - 11:45 am	Sep. 2, 9, 16 and 23, 2010
Vulcan Community Health Centre	Thu	1:30 pm - 3:00 pm	May 13, 20 and 27, 2010

Dementia: Developing a Positive Perspective

Two 3-hour sessions
 This series will provide the information you need to understand Dementia.
 Topics covered include: responding to changes in behaviour, effective communications, strategies to improve resiliency, resources and self care.

Who is the class for?

People who are living with or who have had a personal family experience with Alzheimer's disease or a related Dementia

SITE	DAYS	TIME	SESSION DATES
Calgary Foothills Primary Care Centre	Thu	6:00 pm - 9:00 pm	May 6 and 13, 2010

Diabetes Essentials

5 to 7 hours of instruction offered as one full day or two half days
 In these sessions you will learn:

- What is Diabetes
- How to eat healthy with Diabetes
- Ways to lower your blood sugar
- What your lab tests mean

Please bring \$5.00 (exact change) for Type 2 Diabetes book.

Who is the class for?

People diagnosed with Type 2 Diabetes who have not been to Diabetes classes before, or who would like a review of current Diabetes information

SITE	DAYS	TIME	SESSION DATES
Airdrie – Genesis Place	Mon	2:00 pm - 4:30 pm	Jun. 7 and 14, 2010
Airdrie – Genesis Place	Mon	6:00 pm - 8:30 pm	Aug. 23 and 30, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Mon	9:00 am - 4:00 pm	Apr. 19, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Mon	9:00 am - 4:00 pm	Jun. 14, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Mon	9:00 am - 4:00 pm	Aug. 16, 2010
Calgary Foothills Primary Care Centre	Thu	5:30 pm - 8:30 pm	Apr. 15 and 22, 2010
Calgary Foothills Primary Care Centre	Tue	5:30 pm - 8:30 pm	May 18 and 25, 2010
Calgary Foothills Primary Care Centre	Sat	9:30 am - 4:30 pm	Jun. 19, 2010
Calgary Foothills Primary Care Centre	Sat	9:30 am - 4:30 pm	Sep. 11, 2010
Calgary Foothills Primary Care Centre	Thu	5:30 pm - 8:30 pm	Sep. 30 and Oct. 7, 2010
Cochrane – Nan Boothby Library	Tue	9:30 am - 4:30 pm	Apr. 13, 2010
Cochrane – Nan Boothby Library	Tue	1:00 pm - 4:00 pm	Sep. 14 and 21, 2010
Crowfoot YMCA	Thu	1:00 pm - 4:00 pm	Apr. 1 and 8, 2010
Crowfoot YMCA	Thu	1:00 pm - 4:00 pm	Sep. 16 and 23, 2010
Dashmesh Culture Senior Society – Punjabi	Tue	1:30 pm - 3:30 pm	May 4, 11, 18 and 25, 2010
Dashmesh Culture Senior Society – Punjabi	Tue	1:30 pm - 3:30 pm	Sep. 21, 28, Oct. 5 and 12, 2010
Pineridge Community Centre	Wed	8:30 am - 3:30 pm	Apr. 28, 2010
Pineridge Community Centre	Wed	8:30 am - 3:30 pm	Jun. 2, 2010
Pineridge Community Centre	Wed	8:30 am - 3:30 pm	Jul. 21, 2010
Pineridge Community Centre	Wed	8:30 am - 3:30 pm	Aug. 25, 2010
Pineridge Community Centre	Wed	8:30 am - 3:30 pm	Sep. 15, 2010
Renfrew Pool and Fitness	Mon	8:30 am - 11:30 am	Apr. 19 and 26, 2010
Renfrew Pool and Fitness	Mon	8:30 am - 11:30 am	May 31 and Jun. 7, 2010
Renfrew Pool and Fitness	Mon	8:30 am - 11:30 am	Jul. 12 and 19, 2010
Richmond Road Diagnostic & Treatment Centre	Sat	8:30 am - 3:30 pm	Apr. 10, 2010

Diabetes Essentials (cont.)

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Richmond Road Diagnostic & Treatment Centre	Tue-Wed	6:00 pm - 9:00 pm	Apr. 13 and 14, 2010
Richmond Road Diagnostic & Treatment Centre	Mon	8:30 am - 3:30 pm	Apr. 19, 2010
Richmond Road Diagnostic & Treatment Centre	Wed-Thu	6:00 pm - 9:00 pm	Apr. 28 and 29, 2010
Richmond Road Diagnostic & Treatment Centre	Sat	8:30 am - 3:30 pm	May 1, 2010
Richmond Road Diagnostic & Treatment Centre	Sat	8:30 am - 3:30 pm	May 8, 2010
Richmond Road Diagnostic & Treatment Centre	Sat	8:30 am - 3:30 pm	May 15, 2010
Richmond Road Diagnostic & Treatment Centre	Mon	8:30 am - 3:30 pm	May 31, 2010
Richmond Road Diagnostic & Treatment Centre	Sat	8:30 am - 3:30 pm	Jun. 12, 2010
Richmond Road Diagnostic & Treatment Centre	Mon	12:30 pm - 3:30 pm	Jun. 21 and 28, 2010
Richmond Road Diagnostic & Treatment Centre	Mon	8:30 am - 3:30 pm	Jul. 12, 2010
Richmond Road Diagnostic & Treatment Centre	Fri	12:30 pm - 3:30 pm	Aug. 6 and 13, 2010
Richmond Road Diagnostic & Treatment Centre	Mon	8:30 am - 3:30 pm	Aug. 23, 2010
Richmond Road Diagnostic & Treatment Centre	Mon	12:30 pm - 3:30 pm	Sep. 13 and 20, 2010
Richmond Road Diagnostic & Treatment Centre	Sat	8:30 am - 3:30 pm	Sep. 25, 2010
Richmond Road Diagnostic & Treatment Centre	Tue-Wed	6:00 pm - 9:00 pm	Sep. 28 and 29, 2010
South Calgary Health Centre	Thu	8:30 am - 3:30 pm	Apr. 8, 2010
South Calgary Health Centre	Sat	8:30 am - 3:30 pm	Apr. 24, 2010
South Calgary Health Centre	Thu	8:30 am - 3:30 pm	May 6, 2010
South Calgary Health Centre	Thu	1:30 pm - 8:30 pm	May 27, 2010
South Calgary Health Centre	Sat	8:30 am - 3:30 pm	May 29, 2010
South Calgary Health Centre	Thu	8:30 am - 3:30 pm	Jun. 3, 2010
South Calgary Health Centre	Thu	1:30 pm - 8:30 pm	Jun. 24, 2010
South Calgary Health Centre	Sat	8:30 am - 3:30 pm	Jun. 26, 2010
South Calgary Health Centre	Thu	8:30 am - 3:30 pm	Jul. 29, 2010
South Calgary Health Centre	Thu	8:30 am - 3:30 pm	Aug. 26, 2010
South Calgary Health Centre	Thu	1:30 pm - 8:30 pm	Sep. 16, 2010
South Calgary Health Centre	Sat	8:30 am - 3:30 pm	Sep. 18, 2010
South Calgary Health Centre	Thu	8:30 am - 3:30 pm	Sep. 23, 2010
Westwinds Superstore – Punjabi	Mon	4:00 pm - 6:00 pm	Apr. 5, 12, 19 and 26, 2010
Westwinds Superstore – Punjabi	Mon	4:00 pm - 6:00 pm	Aug. 16, 23 and 30, 2010

Explaining Pain

Two 2-hour sessions

In these sessions you will learn:

- The mechanisms that create pain
- How pain affects the nervous system
- Why pain persists
- Strategies that help nervous system windup

Who is the class for?

People diagnosed with Chronic Pain

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
South Calgary Health Centre	Wed	9:30 am - 11:30 am	Apr. 7 and 14, 2010

Supervised Exercise Program:

- 1 - 1.5 hours of group exercise two to three times per week for eight weeks
- We offer three exercise levels at 15 locations in and around the Calgary area.
- For those unable to attend, we offer an independent, but guided exercise option.
- The eight week program costs \$80. Subsidies are available to those who qualify.

<p>Food and Mood</p> <p>Two 2-hour sessions This interactive program will:</p> <ul style="list-style-type: none"> • Explore factors that may affect your eating habits • Help you better understand why you eat the way you do • Introduce practical strategies that can lead to a healthier relationship with food and improve your well-being 	<p>Who is the class for?</p> <p>People wanting to improve their relationship with food</p>
---	---

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Airdrie – Genesis Place	Mon	1:00 pm - 3:00 pm	Aug. 23 and 30, 2010
Cardel Place	Wed	4:30 pm - 6:30 pm	Jun. 30 and Jul. 7, 2010
Cochrane – Nan Boothby Library	Tue	1:00 pm - 3:00 pm	Jun. 8 and 15, 2010
Pineridge Community Centre	Wed	9:30 am - 11:30 am	Jun. 23 and 30, 2010
Richmond Road Diagnostic & Treatment Centre	Tue	9:30 am - 11:30 am	Apr. 13 and 20, 2010
Richmond Road Diagnostic & Treatment Centre	Tue	9:30 am - 11:30 am	Sep. 28 and Oct. 5, 2010
SCPCN Health Management Clinic	Mon	6:00 pm - 8:00 pm	Apr. 12 and 19, 2010
SCPCN Health Management Clinic	Mon	6:00 pm - 8:00 pm	Jun. 7 and 14, 2010
Sheldon M. Chumir Health Centre	Mon	5:00 pm - 7:00 pm	May 31 and Jun. 7, 2010

<p>Hoping and Coping: Ways to Grow Your Own Hope</p> <p>Four 2.5-hour sessions Research shows that a hopeful attitude and the use of hope strategies can improve quality of life and positively impact health. This workshop explores the importance of hope in coping with a chronic condition. Participants will reflect and build on their own experience of hope and resiliency. Come learn ways to nurture your hope in order to better manage life's challenges.</p>	<p>Who is the class for?</p> <p>People with chronic conditions and their family members</p>
---	--

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
South Calgary Health Centre	Thu	1:00 pm - 3:30 pm	May 6, 13, 20 and 27, 2010

<p>Introduction to Insulin Pump</p> <p>One 2-hour session In this session you will learn:</p> <ul style="list-style-type: none"> • Information about pump therapy • How it differs from regular therapy • Who is a good pump candidate • Skills required for pumping • What insulin pumps are available in Canada 	<p>Who is the class for?</p> <p>Diabetics not on an insulin pump and those considering insulin pump therapy</p>
---	--

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Richmond Road Diagnostic & Treatment Centre	Tue	1:00 pm - 3:00 pm	Apr. 6, 2010
Richmond Road Diagnostic & Treatment Centre	Tue	1:00 pm - 3:00 pm	May 4, 2010
Richmond Road Diagnostic & Treatment Centre	Tue	1:00 pm - 3:00 pm	Jun. 1, 2010
Richmond Road Diagnostic & Treatment Centre	Tue	1:00 pm - 3:00 pm	Jun. 29, 2010
Richmond Road Diagnostic & Treatment Centre	Tue	1:00 pm - 3:00 pm	Jul. 27, 2010
Richmond Road Diagnostic & Treatment Centre	Tue	1:00 pm - 3:00 pm	Aug. 24, 2010
Richmond Road Diagnostic & Treatment Centre	Tue	1:00 pm - 3:00 pm	Sep. 21, 2010

<p>Kidney Basics 101</p> <p>One 2-hour interactive workshop In this session you will learn:</p> <ul style="list-style-type: none"> • Basic anatomy and function of kidneys • Strategies for self-management to assist you to keep your kidneys as healthy as possible 	<p>Who is the class for?</p> <p>People wanting to take control of their kidney health</p>
--	--

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Chinese Elderly Citizens Assoc. – Cantonese	Sat	10:00 am - 12:00 pm	May 8, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Sat	10:00 am - 12:00 pm	Jul. 24, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Sat	10:00 am - 12:00 pm	Sep. 18, 2010
Calgary Foothills Primary Care Centre	Sat	10:00 am - 12:00 pm	May 22, 2010
Marlborough Community Centre	Tue	10:00 am - 12:00 pm	Sep. 28, 2010
Sheldon M. Chumir Health Centre	Fri	1:00 pm - 3:00 pm	Jun. 25, 2010
South Calgary Health Centre	Tue	10:00 am - 12:00 pm	Apr. 27, 2010
VRRRI	Tue	1:00 pm - 3:00 pm	Sep. 14, 2010

Life After Gestational Diabetes

One 2-hour session

In this session you will learn:

- How to promote healthy eating and lifestyle habits in your family
- How to follow up on your blood sugars
- What to do if you are planning another pregnancy
- What you can do to prevent Diabetes in yourself and your family

Who is the class for?

Women who have had Gestational Diabetes or Impaired Glucose Tolerance (IGT) in pregnancy and are at risk for developing Type 2 Diabetes

SITE	DAYS	TIME	SESSION DATES
Crowfoot YMCA	Tue	1:00 pm - 3:00 pm	Apr. 6, 2010
Crowfoot YMCA	Tue	1:00 pm - 3:00 pm	Aug. 17, 2010
Shawnessy YMCA	Tue	1:00 pm - 3:00 pm	May 4, 2010
Shawnessy YMCA	Tue	1:00 pm - 3:00 pm	Sep. 21, 2010
Westwinds Superstore – Punjabi	Thu	1:30 pm - 3:30 pm	Jul. 15, 2010

Lifestyles – Nutrition

Two 1 to 1.5-hour sessions

In these sessions you will learn about:

- Healthy eating and how you measure up
- The facts on fat, fibre and sodium
- The mystery of reading labels

Who is the class for?

People wanting to learn more about good nutrition to improve their health or manage a chronic condition

SITE	DAYS	TIME	SESSION DATES
Airdrie – Genesis Place	Mon	12:00 pm - 1:30 pm	Apr. 12 and 19, 2010
Airdrie – Genesis Place	Mon	12:00 pm - 1:30 pm	Sep. 13 and 20, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Mon	9:00 am - 11:00 am	Jun. 28 and Jul. 5, 2010
Cardel Place	Wed	4:00 pm - 5:30 pm	Jun. 9 and 16, 2010
Cardel Place	Wed	4:00 pm - 5:30 pm	Sep. 22 and 29, 2010
Cochrane – Nan Boothby Library	Tue	11:30 am - 1:00 pm	Apr. 27 and May 4, 2010
Crowfoot YMCA	Wed	4:00 pm - 5:30 pm	May 5 and 12, 2010
Jewish Community Centre	Thu	11:00 am - 12:00 pm	Apr. 1 and 8, 2010
Jewish Community Centre	Thu	11:00 am - 12:30 pm	Jun. 3 and 10, 2010
Marlborough Community Centre	Wed	12:30 pm - 1:30 pm	Apr. 7 and 21, 2010
Marlborough Community Centre	Wed	9:15 am - 10:15 am	May 19 and 26, 2010
Marlborough Community Centre	Wed	12:30 pm - 1:30 pm	Jun. 23 and 30, 2010
Marlborough Community Centre	Wed	9:15 am - 10:15 am	Aug. 11 and 18, 2010
Marlborough Community Centre	Wed	12:30 pm - 1:30 pm	Sep. 1 and 8, 2010
Okotoks – Foothills Centennial Centre	Wed	11:00 am - 12:30 pm	Apr. 28 and May 5, 2010
Okotoks – Foothills Centennial Centre	Wed	11:00 am - 12:30 pm	Sep. 29 and Oct. 6, 2010
Renfrew Pool and Fitness	Thu	1:00 pm - 2:30 pm	May 13 and 20, 2010
SCPCN Health Management Clinic	Mon	6:00 pm - 7:30 pm	May 3 and 10, 2010
SCPCN Health Management Clinic	Mon	6:00 pm - 7:30 pm	Jun. 21 and 28, 2010
SCPCN Health Management Clinic	Mon	6:00 pm - 7:30 pm	Sep. 20 and 27, 2010
Sheldon M. Chumir Health Centre	Thu	5:00 pm - 6:30 pm	Jun. 10 and 17, 2010
South Calgary Health Centre	Thu	2:00 pm - 3:30 pm	Jun. 17 and 24, 2010
South Calgary Health Centre	Thu	2:00 pm - 3:30 pm	Sep. 9 and 16, 2010
Strathmore – Municipal Library	Wed	1:00 pm - 2:30 pm	May 5 and 12, 2010
Strathmore – Municipal Library	Wed	1:00 pm - 2:30 pm	Sep. 1 and 8, 2010
VVRI	Thu	10:45 am - 11:45 am	Apr. 15 and 22, 2010
VVRI	Thu	10:45 am - 11:45 am	Jun. 10 and 17, 2010

Lifestyles – Physical Activity

Two 1 to 1.5-hour sessions

In these sessions you will learn about:

- The benefits and risks of exercise
- How to develop a personal exercise plan

Who is the class for?

People with a chronic condition wanting to learn more about the benefits of exercise

SITE	DAYS	TIME	SESSION DATES
Airdrie – Genesis Place	Mon	12:00 pm - 1:30 pm	Apr. 26 and May 3, 2010
Airdrie – Genesis Place	Mon	12:00 pm - 1:30 pm	Sep. 27 and Oct. 4, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Mon	9:00 am - 10:30 am	Jul. 12 and 19, 2010

Lifestyles – Physical Activity (cont.)

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Cardel Place	Wed	4:00 pm - 5:30 pm	May 26 and Jun. 2, 2010
Cochrane – Nan Boothby Library	Tue	11:30 am - 1:00 pm	May 11 and 18, 2010
Crowfoot YMCA	Wed	4:15 pm - 5:30 pm	Apr. 21 and 28, 2010
Jewish Community Centre	Thu	11:00 am - 12:00 pm	Jul. 8 and 15, 2010
Marlborough Community Centre	Wed	9:15 am - 10:15 am	May 5 and 12, 2010
Marlborough Community Centre	Wed	12:30 pm - 1:30 pm	Jun. 9 and 16, 2010
Marlborough Community Centre	Wed	9:15 am - 10:15 am	Jul. 14 and 21, 2010
Marlborough Community Centre	Wed	12:30 pm - 1:30 pm	Sep. 22 and 29, 2010
Okotoks – Foothills Centennial Centre	Wed	11:00 am - 12:30 pm	May 26 and Jun. 2, 2010
Okotoks – Foothills Centennial Centre	Wed	11:00 am - 12:30 pm	Sep. 8 and 22, 2010
Renfrew Pool and Fitness	Thu	1:00 pm - 2:30 pm	Jun. 3 and 10, 2010
Shawnessy YMCA	Wed	2:30 pm - 4:00 pm	Jun. 2 and 9, 2010
Sheldon M. Chumir Health Centre	Tue	5:30 pm - 7:00 pm	May 11 and 18, 2010
Sheldon M. Chumir Health Centre	Tue	5:30 pm - 7:00 pm	Sep. 21 and 28, 2010
Strathmore – Municipal Library	Wed	1:00 pm - 2:30 pm	Sep. 22 and 29, 2010
VRR1	Thu	10:45 am - 11:45 am	Apr. 1 and 8, 2010
VRR1	Thu	10:45 am - 11:45 am	May 27 and Jun. 3, 2010
VRR1	Thu	10:45 am - 11:45 am	Sep. 30 and Oct. 7, 2010
Vulcan Community Health Centre	Tue	11:00 am - 12:30 pm	Sep. 21 and 28, 2010

Living Well with Stress

One 2-hour session

In this session you will:

- Learn the sources and signs of stress
- Explore healthy ways to cope and manage stress
- Develop a personal plan to address the stress in your own life

Who is the class for?

People with a chronic condition wanting to learn more about living well with stress

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
South Calgary Health Centre	Thu	1:00 pm - 3:00 pm	Sep. 16, 2010
VRR1	Thu	1:00 pm - 3:00 pm	Sep. 30, 2010

Living with Stroke

Six 2-hour sessions

- Interactive program including discussions, videos and activities to help you learn more about dealing with Stroke and its effects
- Your caregiver, a family member or a friend should attend the program with you

Who is the class for?

People who have had a Stroke or TIA more than six months ago

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Marlborough Community Centre	Thu	2:00 pm - 4:00 pm	May 6, 13, 20, 27, Jun. 3 and 10, 2010
South Calgary Health Centre	Wed	1:00 pm - 3:00 pm	Sep. 15, 22, 29, Oct. 6, 13 and 20, 2010
VRR1	Tue	1:00 pm - 3:00 pm	Apr. 6, 13, 20, 27, May 4 and 11, 2010

Osteoporosis – Bone Up on Exercise

One 2-hour session

In this session you will learn about:

- Exercise as a treatment for Osteoporosis
- The different levels of risk for breaking a bone
- What type of exercises can reduce the risk of breaking a bone

Who is the class for?

People interested in how exercise can improve bone health

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Marlborough Community Centre	Wed	9:30 am - 11:30 am	Jun. 16, 2010
South Calgary Health Centre	Mon	1:00 pm - 3:00 pm	Sep. 20, 2010
VRR1	Tue	10:00 am - 12:00 pm	May 11, 2010

Osteoporosis and Bone Health**Who is the class for?**

One 2 to 2.5-hour session

People interested in learning more about bone health

In this session you will learn:

- What is Osteoporosis and how do I know if I have this condition
- What can I do to protect my bones
- What medical treatments are available for Osteoporosis

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Chinese Elderly Citizens Assoc. – Cantonese	Mon	9:00 am - 11:30 am	May 17, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Mon	9:00 am - 11:30 am	Jul. 5, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Mon	9:00 am - 11:30 am	Sep. 27, 2010
Calgary Foothills Primary Care Centre	Sat	10:00 am - 12:00 pm	Aug. 7, 2010
Pineridge Community Centre	Wed	10:00 am - 12:00 pm	May 5, 2010
Renfrew Pool and Fitness	Thu	1:00 pm - 3:00 pm	Jul. 8, 2010
Sheldon M. Chumir Health Centre	Fri	10:00 am - 12:00 pm	Jun. 11, 2010
South Calgary Health Centre	Thu	1:00 pm - 3:00 pm	Sep. 9, 2010
VRRRI	Thu	9:00 am - 11:00 am	Apr. 29, 2010
Women's Health Centre (FMC)	Mon	9:00 am - 11:30 am	Apr. 12, 2010
Women's Health Centre (FMC)	Thu	1:00 pm - 3:30 pm	May 13, 2010
Women's Health Centre (FMC)	Mon	9:00 am - 11:30 am	Sep. 13, 2010

Pain Self-Management**Who is the class for?**

Seven 2-hour sessions

People diagnosed with Chronic Pain

- You will learn pain management skills designed to help improve your day-to-day life
- The focus will be on using active strategies to address changes in activity level, mood and relationships due to pain

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Holy Cross Centre (CPC)	Mon	4:00 pm - 6:00 pm	May 3, 10, 17, 31, Jun. 7, 14 and 21, 2010
South Calgary Health Centre	Fri	9:30 am - 11:30 am	Sep. 17, 24, Oct. 1, 15, 22, 29 and Nov. 5, 2010
VRRRI	Wed	2:00 pm - 4:00 pm	Apr. 14, 21, 28, May 5, 19, 26 and Jun. 2, 2010

Parkinson's Balance and Mobility**Who is the class for?**

One 1.5-hour session

People diagnosed with Parkinson's and their families

In this session you will learn:

- Why balance and mobility are affected by Parkinson's disease
- Tips and strategies to improve balance and mobility

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Marlborough Community Centre	Thu	9:30 am - 11:00 am	May 20, 2010
VRRRI	Wed	9:30 am - 11:00 am	Apr. 7, 2010

Parkinson's Medication Information**Who is the class for?**

One 1.5-hour session

People diagnosed with Parkinson's and their families

You will learn about the medications you take for Parkinson's and why

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Marlborough Community Centre	Wed	9:30 am - 11:00 am	Jun. 9, 2010
VRRRI	Wed	10:30 am - 12:00 pm	Mar. 31, 2010

Parkinson's Social Interaction, Memory and Concentration**Who is the class for?**

One 1.5-hour session

People diagnosed with Parkinson's and their families

In this session you will learn:

- How Parkinson's affects your thinking (short term memory, problem solving and multitasking)
- Ways to compensate for those changes in order to maintain your level of social interaction

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
VRRRI	Thu	9:30 am - 11:00 am	May 6, 2010

Pre-Diabetes – Reducing Your Risk

One 2 to 3-hour session
 In this session you will learn how to prevent or delay the onset of Diabetes.

Who is the class for?

People at high risk for developing Diabetes, Pre-Diabetes, including Impaired Fasting Glucose (IFG), Impaired Glucose Tolerance (IGT), or have a family history of Diabetes

SITE	DAYS	TIME	SESSION DATES
Chinese Elderly Citizens Assoc. – Cantonese	Mon	9:00 am - 12:00 pm	May 31, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Mon	9:00 am - 12:00 pm	Jul. 26, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Mon	9:00 am - 12:00 pm	Sep. 13, 2010
Calgary Foothills Primary Care Centre	Tue	5:30 pm - 7:30 pm	Apr. 13, 2010
Calgary Foothills Primary Care Centre	Tue	5:30 pm - 7:30 pm	May 11, 2010
Calgary Foothills Primary Care Centre	Tue	5:30 pm - 7:30 pm	Jun. 15, 2010
Calgary Foothills Primary Care Centre	Tue	5:30 pm - 7:30 pm	Jul. 13, 2010
Calgary Foothills Primary Care Centre	Tue	5:30 pm - 7:30 pm	Sep. 21, 2010
Cardel Place	Wed	9:00 am - 11:00 am	May 12, 2010
Cardel Place	Wed	9:00 am - 11:00 am	Sep. 22, 2010
Dashmesh Culture Senior Society – Punjabi	Tue	1:30 pm - 3:30 pm	Jul. 6, 2010
Pineridge Community Centre	Wed	10:00 am - 12:00 pm	Apr. 7, 2010
Pineridge Community Centre	Wed	9:30 am - 11:30 am	Jun. 16, 2010
Pineridge Community Centre	Wed	1:00 pm - 3:00 pm	Sep. 22, 2010
Sheldon M. Chumir Health Centre	Mon	5:00 pm - 7:00 pm	Jun. 21, 2010
Sheldon M. Chumir Health Centre	Mon	5:00 pm - 7:00 pm	Sep. 27, 2010
South Calgary Health Centre	Tue	1:30 pm - 3:30 pm	Apr. 27, 2010
South Calgary Health Centre	Tue	1:30 pm - 3:30 pm	May 18, 2010
South Calgary Health Centre	Tue	1:30 pm - 3:30 pm	Jun. 15, 2010
South Calgary Health Centre	Mon	1:30 pm - 3:30 pm	Jul. 12, 2010
South Calgary Health Centre	Tue	1:30 pm - 3:30 pm	Sep. 28, 2010
Westwinds Superstore – Punjabi	Thu	1:30 pm - 3:30 pm	Apr. 8, 2010

Row Your Own Boat

Six 2.5-hour sessions

- This workshop will teach you the skills needed to manage the day-to-day challenges of living with a chronic health condition
- Workshops are led by trained leaders who also have long-term illnesses

Who is the class for?

People with a chronic condition wanting to gain confidence and learn skills to better manage their health conditions.

SITE	DAYS	TIME	SESSION DATES
Chinese Elderly Citizens Assoc. – Cantonese	Wed	9:30 am - 12:00 pm	Jun. 2, 9, 16, 23, 30 and Jul. 7, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Wed	9:30 am - 12:00 pm	Sep. 22, 29, Oct. 6, 13, 20 and 27, 2010
Co-op Midtown Market	Wed	6:00 pm - 8:30 pm	May 5, 12, 19, 26, Jun. 2 and 9, 2010
Dashmesh Culture Senior Society – Punjabi	Thu	1:00 pm - 3:30 pm	Sep. 9, 16, 23, 30, Oct. 7 and 14, 2010
Jewish Community Centre	Wed	12:00 pm - 2:30 pm	Jul. 7, 14, 21, 28, Aug. 4 and 11, 2010
Marlborough Community Centre	Tue	9:30 am - 12:00 pm	May 25, Jun. 1, 8, 15, 22 and 29, 2010
Renfrew Pool and Fitness	Mon	1:00 pm - 3:30 pm	Jul. 12, 19, 26, Aug. 9, 16 and 23, 2010
South Calgary Health Centre	Mon	2:00 pm - 4:30 pm	May 3, 10, 17, 31, Jun. 7 and 14, 2010
Strathmore – Municipal Library	Wed	1:00 pm - 3:30 pm	May 19, 26, Jun. 2, 9, 16 and 23, 2010
VRRRI	Thu	1:00 pm - 3:30 pm	May 13, 20, 27, Jun. 3, 10 and 17, 2010
Westwinds Superstore – Punjabi	Thu	1:00 pm - 3:30 pm	May 27, Jun. 3, 10, 17, 24 and Jul. 8, 2010

Slips, Trips and Falls

Two or three 1-hour sessions
 These sessions will give you information about falls risk and how to decrease your chance of falling

Who is the class for?

People interested in learning about preventing falls

SITE	DAYS	TIME	SESSION DATES
Airdrie – Genesis Place	Wed	12:30 pm - 1:30 pm	Apr. 21 and 28, 2010
Airdrie – Genesis Place	Wed	12:30 pm - 1:30 pm	Sep. 22 and 29, 2010
Cochrane – Nan Boothby Library	Thu	1:00 pm - 2:00 pm	Apr. 22 and 29, 2010
Cochrane – Nan Boothby Library	Thu	1:00 pm - 2:00 pm	Sep. 23 and 30, 2010

Slips, Trips, and Falls (cont.)

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Jewish Community Centre	Thu	11:00 am - 12:00 pm	May 13, 20 and 27, 2010
Jewish Community Centre	Thu	11:00 am - 12:00 pm	Sep. 16, 23 and 30, 2010
Marlborough Community Centre	Tue	12:45 pm - 1:45 pm	Apr. 6, 13 and 20, 2010
Marlborough Community Centre	Tue	12:45 pm - 1:45 pm	Jun. 1, 8 and 15, 2010
VRRRI	Tue-Thu	2:30 pm - 3:15 pm	May 4, 6 and 11, 2010
VRRRI	Tue-Thu	2:30 pm - 3:15 pm	Sep. 9, 14 and 16, 2010

Smart Moves**Who is the class for?**

Four 1.5-hour sessions

People diagnosed with Chronic Pain

The goals of these sessions are to:

- Help you achieve your activity goal and schedule activities appropriately
- Establish and increase activity tolerance
- Analyze and modify activities
- Address posture and positioning during activities
- Address basic nutrition principles and needs

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Renfrew Pool and Fitness	Tue	9:30 am - 11:00 am	Apr. 20, 27, May 4 and 11, 2010
VRRRI	Wed	2:30 pm - 4:00 pm	Sep. 22, 29, Oct. 6 and 13, 2010

Smoke Free (My Path to a Smoke-Free Future)**Who is the class for?**

Two or three 1-hour sessions

People who would like to quit smoking.

In these sessions you will learn:

- Facts and myths about quitting
- About tools and medications to help you quit
- How to handle difficult situations
- How to stay smoke free

Note: It is not a requirement that you quit smoking to attend these sessions. Please come and get information on quitting.

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Chinese Elderly Citizens Assoc. – Cantonese	Sat	10:00 am - 11:00 am	Jun. 5 and 12, 2010
High River – Hospital	Wed	6:30 pm - 7:30 pm	May 19, Jun. 2 and 16, 2010
SCPCN Health Management Clinic	Tue	6:30 pm - 7:30 pm	Apr. 20, May 4 and 18, 2010
Sunridge Medical Gallery	Tue	4:45 pm - 6:15 pm	May 4, 18 and Jun. 1, 2010
Sunridge Medical Gallery	Tue	4:45 pm - 6:15 pm	Sep. 14, 28 and Oct. 12, 2010

Stroke 101**Who is the class for?**

One 2-hour interactive session

People at high risk for Stroke or looking for more information about Stroke and TIA

- Basic information on Stroke and TIA
- Learn about risk factors and how you can reduce your risk

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Airdrie – Genesis Place	Mon	1:00 pm - 3:00 pm	Apr. 5, 2010
Cochrane – Nan Boothby Library	Mon	1:00 pm - 3:00 pm	May 10, 2010
Crowfoot YMCA	Tue	1:00 pm - 3:00 pm	Sep. 14, 2010
Sheldon M. Chumir Health Centre	Wed	1:00 pm - 3:00 pm	Apr. 14, 2010
South Calgary Health Centre	Thu	1:00 pm - 3:00 pm	Jun. 17, 2010

Vitamins, Minerals and Herbs**Who is the class for?**

One 2-hour session

People interested in learning more about vitamins, minerals and herbs

- The known effects of vitamins, minerals and herbs on health, based on scientific evidence specific to Diabetes, Hypertension and Cholesterol
- Possible health benefits, drug interactions and risks are reviewed

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Chinese Elderly Citizens Assoc. – Cantonese	Mon	9:00 am - 11:00 am	Apr. 26, 2010
Chinese Elderly Citizens Assoc. – Cantonese	Mon	1:00 pm - 3:00 pm	Jul. 5, 2010
Richmond Road Diagnostic & Treatment Centre	Thu	8:30 am - 10:30 am	May 6, 2010
Richmond Road Diagnostic & Treatment Centre	Thu	12:30 pm - 2:30 pm	Jun. 17, 2010
Richmond Road Diagnostic & Treatment Centre	Thu	12:30 pm - 2:30 pm	Sep. 9, 2010

Your Marvelous Brain

One 1.5-hour session
 You will learn about your marvelous brain and the potential for improving the long term health of your brain through risk reduction and lifestyle choices

Who is the class for?

People with a chronic condition who are interested in learning about brain health

SITE	DAYS	TIME	SESSION DATES
Sheldon M. Chumir Health Centre	Wed	6:30 pm - 8:00 pm	Sep. 15, 2010
South Calgary Health Centre	Tue	6:30 pm - 8:00 pm	Jun. 29, 2010

(All class information subject to change)

Exercise Orientation and Intake Session:

In this 1.5-hour session you will receive information about the supervised exercise program and an appropriate exercise class location and level will be selected.

Orientation sessions are offered at the following locations:

- Acadia Recreation Complex (every second Wednesday at 12:30 pm and 2 pm)
- Marlborough Community Centre (every second Tuesday at 9 am)
- VRRRI (every second Wednesday at 9:30 am and 11 am)

Site Index:

Airdrie – Genesis Place	800 East Lake Blvd. N.E., Airdrie
Calgary Chinese Elderly Citizens Association – Cantonese	111 Riverfront Ave. S.W.
Calgary Foothills Primary Care Centre	#210, 60 Crowfoot Crescent N.W.
Cardel Place	11950 Country Village Link N.E.
Cochrane – Nan Boothby Library	405 Railway Street West, Cochrane
Co-op Midtown Market	1130 – 11th Ave. S.W.
Crowfoot YMCA	8100 John Laurier Blvd. N.W.
Dashmesh Culture Senior Society – Punjabi	61 Martindale Drive N.E. (no wheelchair access)
High River – Hospital	560 – 9th Ave. S.W., High River
Holy Cross Centre (Chronic Pain Centre)	#100, 2310 – 2nd Street S.W.
Jewish Community Centre	1607 – 90th Ave. S.W.
Marlborough Community Centre	636 Marlborough Way N.E.
Okotoks – Foothills Centennial Centre	#4 – 204 Community Way, Okotoks
Pineridge Community Centre	6024 Rundlehorn Drive N.E.
Renfrew Pool and Fitness	810 – 13th Ave. N.E.
Richmond Road Diagnostic & Treatment Centre	1820 Richmond Road. S.W.
Shawnessy YMCA	#400, 333 Shawville Blvd. S.W.
Sheldon M. Chumir Health Centre	1213 – 4th Street S.W.
South Calgary Health Centre	31 Sunpark Plaza S.E.
SCPCN Health Management Clinic	Suite #150, 290 Midpark Way SE
Strathmore – Municipal Library	85 Lakeside Blvd., Strathmore
Sunridge Medical Gallery	2580 – 32nd Street NE
VRRRI	3304 – 33rd Street N.W.
Vulcan Community Health Centre	610 Elizabeth Street, Vulcan
Westwinds Superstore – Punjabi	#100, 3633 Westwinds Drive N.E.
Women’s Health Centre (Foothills Medical Centre)	1441 – 29th Street N.W.

To Register Call: 403-9-HEALTH (403-943-2584)
To View: www.calgaryhealthregion.ca/cdm

