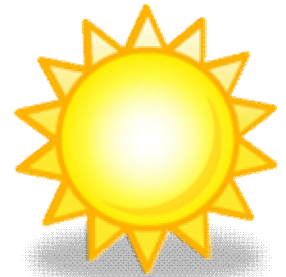


The Healthy Living Centre
September-December 2011 Programs



The Healthy Living Centre Presents:

Snowbird



Survival

Do you love flying south for the winter but struggle with maintaining a healthy lifestyle? This class is for you!

Join the Healthy Living Centre Team

Wednesday, September 28th, 1:30 - 3:00 pm

to learn about how buffets, parties, vacation and holiday eating can affect your diet, how to be active and strategies to keep up a healthy lifestyle!

This course is free but registration is required. Call the Healthy Living Centre at 780 608 8683 for more information and to confirm location!

The Healthy Living Centre

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

780-608-8683

The Healthy Living Centre September-December 2011 Programs

Interested in Eating Healthier? Upcoming Nutrition Classes:

Supermarket Savvy Grocery Store Tour

Join a Registered Dietitian on a tour of the grocery store to learn how to cut through the clutter of logos and clever marketing to make the healthiest food choices at the grocery store! **Tours are held monthly** – call the Healthy Living Centre for upcoming dates, times and locations. The tour is free but registration is required.

Label Reading 101

Many shoppers make unhealthy choices at the grocery store because of confusing labels and misleading claims on packaging. Our Registered Dietitian will teach unsuspecting shoppers how to read a food label and use this information to help make the healthiest food choices at the grocery store! **November 22nd, 10:00 am**. This class is free, but registration is required.

Menu Planning Magic

Families who eat together eat better but it can be difficult to find the time to prepare healthy meals - unless you are organized! One of the best ways to help get supper on the table is to do some menu planning in advance. Learn how to plan a menu using Canada's Food Guide and strategies to make meal time less stressful. **October 13, 7:00 pm**. This course is free but registration is required.

Optimal Nutrition: *Eating Well for Living Well*

Eating healthier helps us live well, stay well, and age well. If you are looking for strategies to eat healthier, join our Registered Dietitian on **September 7, October 19 or November 30th, 1—2 pm** at the Healthy Living Centre. This workshop is free, but registration is required.

Edgeworth Health Education Series

The Healthy Living Centre, Camrose Aquatic Centre and the Fitness Centre Present:

Benefits of Exercise

Come learn about the exceptional health benefits exercise can bring from preventing chronic disease and improving your sleep patterns, to keeping you young, strong and independent longer! **September 21st, 11:00 – 12:00 pm, Camrose Aquatic Centre.**

Healthy Eating Over the Holidays

The average person gains just over one pound during the holiday season, according to a 2000 study and unfortunately, this small weight gains will add up year after year. With a little know-how and vigilance, you can get as much enjoyment out of the approaching holidays without feeling guilty or unhealthy. Learn strategies to help you get through the holidays without having to put your healthy-eating habits on hold! **December 14th, 11:00—12:00 pm, Camrose Aquatic Centre.**

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.

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!

Group Classes at the Healthy Living Centre

Eat What You Love, Love What You Eat 101 and 6 Part Series

Do you regularly deprive yourself of the foods you enjoy eating, succumb to temptation, feel guilty and then start the process all over again? There is a healthier way! **Call the Healthy Living Centre to learn more about this program.**

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 five 1.5 hour sessions that run over 5 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 enhance your memory! **Thursdays Sept 29—Oct. 27, 2010 (1:30-3:00 pm). \$15.00/person Call to register.**

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 "Optimum Nutrition" and will take place on **Wednesdays from (1:00 – 2:00 pm). Call for dates for each topic.**

Arthritis 101

This 1½ hour session facilitated by a Physical Therapist provides an introduction to what arthritis is & discusses the 3 most common types: Osteoarthritis, Rheumatoid Arthritis & Fibromyalgia. Strategies to promote self-management are also explored. **Monday September 26, 2011 (10:00-12:00noon). Call to register.**

Osteoporosis 101

This seminar is 1½ hour in length and 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! **Tuesday October 3, 2011 (10:00-12:00 noon). Call to register.**

Choices for Arthritis

The Healthy Living Centre is offering 4 interactive sessions on "Living with Arthritis". Topics include: "Nutrition", "Exercise & Arthritis", "How to Protect Your Joints" and "Medication Management". **Sessions run Oct 17—Nov 7, 2011 on Mondays from (10:00-12:00noon) \$15.00/person. Call to register.**

New this Fall—

Care for Caregivers

Prevent caregiver burnout. Join an Occupational Therapist on **September 22 from 1:30-3:00**, to learn about strategies for coping as a care provider, and resources available in the community that may be of benefit. Information presented is geared towards caregivers of older adults with confusion such as dementia or Alzheimer's disease. There is no cost, but please call for more information and to register.

Eat What You Love, Love What You Eat 101

This is an introductory course to our Eat What You Love, Love What You Eat series. Do you regularly deprive yourself of the foods you enjoy eating, succumb to temptation, feel guilty and then start the process all over again? There is a healthier way! Learn more **Wednesday, September 14th, 6:30 pm. Call to register and confirm location.**

Eat What You Love, Love What You Eat Series

Do you regularly deprive yourself, succumb to temptation, feel guilty and then start the process all over again? If you are looking for a way to eat the foods you love without fear and guilt, this course is for you! **Wednesdays, October 5 – November 9, 6:30 pm. \$15.00/person. Call to register.**

Enjoying an Outing With Your Loved One Safely

Do you have a loved one in facility care? Join us for a session on safety techniques when taking them on an outing. If a facility is interested in hosting this presentation please contact The Healthy Living Centre. **Dates and times TBA.**

Pain Management Classes

Explain Pain

This class with a Physiotherapist will increase your understanding of how your brain interprets and modifies pain signals to "turn the volume up or down". Learn how to control the dial. **Thurs Oct 6 (2:00—3:00pm) Call to register.**

Living Well with Chronic Pain

This class with an Occupational therapist will provide valuable information and skills to assist you to manage your symptoms on a day to day basis, and to work with your healthcare providers to get the best care possible. **Thurs Oct 20 (2:00—3:00pm) Call to register.**

Success Over Stress

If you have any health challenges or chronic pain, you are probably well aware that stress makes your symptoms worse. Sometimes we can't control or fix everything in our lives, but we can learn and practice strategies to help us relax. In these 3 classes you will practice deep breathing, progressive muscle relaxation, gentle stretching, guided imagery and more. **Nov 3, 17, Dec 1, 2011 (2:00—3:30pm). Call to register.**

The Healthy Living Centre September-December 2011 Programs

Unless otherwise stated, please contact the
Healthy Living Centre at 780-608-8683
for more information or to register
for any of the programs listed in this newsletter!

Other available courses at the MSK Clinic! (located in the Smith Clinic)

Communicating with People with Dementia!

Are you interested in acquiring a greater understanding of dementia, especially Alzheimer's disease? Maybe you want to learn how communication is affected by Alzheimer's disease? Have you recently wanted to communicate with a person that has Alzheimer's disease but didn't know how? If this is you then two sessions are available on **September 26 10:00 am to noon as well as 6:30 pm to 8:30 pm at the MSK Clinic, Smith Clinic.**

Parkinson's disease: Ideas for daily living!

Persons with Parkinson's Disease (PD), their spouses or other caregivers are encouraged to attend this seminar to learn more about the effects of PD and how to make adjustments and adaptations to daily life. **Sessions are available on October 3, 2011. The times for the sessions are 10:00 am to noon, as well as 6:30 pm to 8:30 pm.**

Coming Soon!

Better Choices, Better Health

Are you looking to improve your quality of life? This series of workshops may be for you! Self management strategies for people living with a long term health condition. Topics covered in the six weeks include: goal setting, healthy eating, physical activity, dealing with stress and emotions. ***This program will run Mondays September 12 – October 24, 2011 from (1:30-3:30 pm). Please call 1-877-314-6997 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 Healthy Living Seminars that are scheduled throughout the year. ***Starting again in October 2011 Tues, Wed and Thurs each week (9:00 -11:00 am).***

Get Moving! Upcoming Classes with a Focus on Exercise:

Breathe Easy Pulmonary Rehab

Breathing problems affecting your ability to perform your daily activity? Something can be done, don't be left breathless. **Tuesdays and Thursdays (10:00am-12:30).**

Low Back Pain Group

These 3 sessions are aimed at adults with chronic low back pain. You will learn about common causes of back pain, posture do 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. Call the Healthy Living Centre for more information or to register. **Dates & times TBA.**

Nordic Pole Walking Clinic

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. Call to register.

Monday Sept 12 & Wednesday Sept 14, 2011 (12:00-1:00pm) \$10.00 /person.

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 program could be what you are looking for. A Physical Therapist and Rehabilitation Assistant will be available to help you with an exercise plan. Call for more information.

Tuesdays (1:30—3:30pm).

NEW! Slim Without The Gym

Having trouble making it to the gym regularly? Learn new techniques and creative ways to exercise in your home for the days you can't make it to the gym. Work with a Kinesiologist to set and achieve goals for living a more physically active lifestyle. Program is free but registration is required. **To learn more or to register, call the Healthy Living Centre.**



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!

Quit Core

This is a free group support program that teaches you how to quit smoking and connects you with others who are also quitting. Group runs **Wednesdays Sept 14—Oct 19, 2011 (1:00—2:30pm)** at the Camrose Public Library. **To register call (780) 672-1181 and begin your Smoke-Free life!**