









Health Promotion Calendar 2010





Winnipeg River District Lac du Bonnet & Pinawa





Wellness Facilitator: Caroline McIntosh
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EVENT	DATE	TIME	LOCATION	COST	CONTACT
<p>Tai Chi For everybody, especially those living with advanced arthritis, osteoporosis, diabetes, low back pain; including seniors, children and teens. (No class April 22nd)</p>	<p>7 weeks Thurs. April 15 - June 3</p>	<p>3:30 - 4:30 pm</p>	<p>Lac du Bonnet Pioneer Club</p>	<p>\$20</p>	<p>To Register call Two Rivers 345-1227</p>
<p>Line Dancing Another way to stay active and have FUN! Great social outing! Improve coordination and balance. Beginners welcome. All ages welcome. Partners are not required. (No class April 22nd)</p>	<p>7 weeks Thurs. April 15 - June 3</p>	<p>5:00 - 6:00 pm</p>	<p>Lac du Bonnet Pioneer Club</p>	<p>\$20</p>	<p>To Register call Two Rivers 345-1227</p>
<p>March is Nutrition month! Celebrate Food....From Field to Table Did you know...On average, one Canadian farmer can now produce food for about 120 people for a whole year; whereas, in 1900 one Canadian farmer could produce only enough food for 10 people! Did you know...Our country supports more than 160 species of fish and sea-food and produces more than 120 different crops, from potatoes and apples to fiddleheads and Saskatoon berries! When you bite into your next dinner, think about how it got from the field....to your table!</p>					
<p>Arthritis Self-Management Program Learn how to manage your pain and fatigue, exercising with arthritis, and coping with stress and depression.</p>	<p>8 weeks Mondays March 29 - May 17</p>	<p>1:00 - 3:00 pm</p>	<p>Lac du Bonnet Pioneer Club</p>	<p>\$30</p>	<p>To Register call Two Rivers 345-1227</p>



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<p>SafetyAid Home Crime Prevention</p> <p>A team of experts will come to your home to perform home safety and falls prevention audits. They will leave you with recommendations and tips to make your home safer. Plan to attend the presentation and register for the program. For people over 65 years of age.</p>	Tuesday, April 6	1:30 pm	Pinawa Library	FREE 	<p>For Information call Two Rivers 345-1227</p>
<p>Nordic Pole Walking</p> <p>Are you interested in getting a full body workout from your walk? Why not start Nordic Pole Walking, similar to cross country skiing, but without the skis. The Nordic walking craze has already exploded in Europe and is now taking off in North America. If you'd like to experience this latest craze, you're in luck! Poles are on loan at both the Pinawa Lac du Bonnet Libraries. Along with the poles comes a simple set of instructions on how to get started. Warning: you just might love it!</p>	Starting Spring 2010	n/a	Pinawa & Lac du Bonnet	FREE!  	<p>Pinawa Library 753-2496</p> <p>Or</p> <p>Lac du Bonnet Library 345-2653</p>
<p>Nordic Pole Walking Instruction</p> <p>Want some hands-on instruction? Pole walking Instructor, Ken Chura, is offering FREE sessions for all ages! Bring clean walking shoes. Please pre-register so Ken will know the number of demo pole sets to bring.</p>	<p>Tuesday April 20</p> <p>Thurs. April 22</p>	<p>1:30 pm</p> <p>7:00 pm</p> <p>1:00 pm</p> <p>7:00 pm</p>	<p>Pinawa Library</p> <p>Lac du Bonnet Community Centre</p> <p>Lac du Bonnet Location TBA</p>	<p></p> <p>FREE! </p>	<p>To Register call Two Rivers 345-1227</p>
<p>Childhood Allergies</p> <p>Overview of asthma, allergies, & anaphylaxis. Find answers to some of your questions: Can I reduce symptoms without medication? Will my child grow out of it? Why are allergies on the rise? How does this affect my child going to school or playing sports? How can I keep my child from getting allergies? Presented by Myriam Duke, Primary Health Care Nurse and Certified Asthma Educator, NEHA.</p>	<p>Choose either:</p> <p>Tuesday April 20</p> <p>OR</p> <p>Tuesday April 20</p>	<p>5:00 - 6:00 pm</p> <p>7:00 - 8:00 pm</p>	<p>Pinawa Lewis Centre, NEHA Boardroom</p> <p>Lac du Bonnet Health Centre Classroom</p>	<p>FREE! </p>	<p>To Register call NEHA Wellness 345-1220</p>

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<p>Commit to Quit You learned to smoke. Now you can learn not to smoke! This 6-week quit smoking group program assists participants to learn skills and techniques to be smoke free. Includes smoking patterns, reasons for smoking, reasons to quit, triggers, coping with withdrawal, dealing with 'slips' as well as the use of medications. Presented by a NEHA Primary Health Care Nurse.</p>	6 weeks Wed. April 21 - May 26	6:00 - 7:00 pm	Lac du Bonnet Health Centre Classroom 	FREE! 	<p>To Register call NEHA Wellness 345-1220</p>
<p>Heart Health – Tips for Your Ticker! What's all the hype about cholesterol - good and bad? You've had lab work done, but what do the numbers mean? Are you "puzzled" by all the nutrition advice you hear and read? Are you or someone you love "at risk" for heart disease? Find answers to these questions and more during this 90 minute interactive session. Come learn about your heart and what you can do for your "ticker". Presented by NEHA's Kristen Ticknor, Registered Dietitian, and Kelly Deveau, Primary Health Care Nurse.</p>	Choose either: Monday April 19	6:30 - 8:00 pm	Pinawa Lewis Centre, NEHA Boardroom	FREE! 	<p>To Register call NEHA Wellness 345-1220</p>
	OR Tuesday May 11	6:30 - 8:00 pm	Lac du Bonnet Health Centre Classroom		
<p>Hurried Woman Syndrome & What Can We Do NOW! (Parts 1 & 2 in a single session) Back by popular demand! Are you feeling 'stressed to kill'? Do you experience symptoms of chronic stress, including tiredness, increased appetite, weight gain, trouble sleeping, lack of motivation, feelings of guilt, or low self-esteem? If you see yourself here; why not join us? Presented by NEHA Health Practitioners Lisa Kroeker, NP, Kristen Ticknor, RD, and Andrea Chevrefils, CMHW Intensive Case Manager.</p>	Choose either: Tuesday April 27	7:00 - 9:00 pm	Pinawa Lewis Centre, NEHA Boardroom	FREE! 	<p>For info call NEHA Wellness 345-1220</p>
	Or Wed. April 28	7:00 - 9:00 pm	Mrs. Lucci's Lac du Bonnet		

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<p>Ready, Set, Grow! Calling all 3 & 4 year olds and their parents! A special day just for you! This is a day to check out developmental milestones, learn valuable information and have lots of fun! Event theme: Dinosaurs.</p>	Wed. May 5	1:00 - 7:00 pm	Centennial School	FREE! 	<p>For Information call Centennial School 345-2462 or F.W. Gilbert School 753-2559</p>
<p>Safe Kids Canada Week May 31 - June 5 2010 Theme: Got Wheels? Get a Helmet! Many wheeled activities can contribute to injury when we're least expecting it. Protect your melon!</p>	TBA	TBA	TBA	TBA	<p>For Information call NEHA Wellness 345-1220</p>
<p>Walking and Running Clinic Join experts from the Running Room for their 2 part session about techniques for walking and running. Everything from choosing the right shoe to how to turn your striding into a full workout.</p>	Saturday June 5	9:30 - 11:00 am	 Lac du Bonnet Senior School	FREE! 	<p>To register call Winnipeg River Recreation 345-8816 or 753-2639</p>
<p>Pinawa Amazing Race Modelled after the television show of the same name, teams of two to four race around Pinawa and the surrounding area, competing in a multitude of challenges designed to test racers' mental and physical strengths. Teams navigate their way through a series of check points utilizing their combined wits, acquired maps, clues and directional savvy. Completion of each challenge enables players to advance through the race battling to cross the finish line first.</p>	Saturday July 24	TBA	Pinawa	TBA	<p>For Information call Winnipeg River Recreation 345-8816 or 753-2639</p>
<p>Caregiver Support Group Offers practical information, emotional support and encouragement to caregivers. Pinawa Alliance Church 1 Bessborough Ave.</p>	Fourth Wed. of the month	1:30 - 3:30 pm	Pinawa Alliance Church	FREE! 	<p>For Information call Two Rivers 345-1227</p>


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<p>What's YOUR Risk? How likely are YOU are to develop cancer, diabetes, or heart disease? Find out what your personal risks are with a one-on-one lifestyle assessment with a Nurse and Dietitian.</p>	Your Choice	Please make an Appointment	Lac du Bonnet Community Centre	FREE! 	For appointment or information call 345-1230
<p>Diabetes & Heart Health Sessions Learn the latest on Diabetes and Heart Health. A Nurse and Dietitian will be on hand to answer your questions. Come 15 min. early if you'd like your blood pressure, blood sugar or weight measured.</p> <ul style="list-style-type: none"> No sessions July, August or December. 	Last Monday of the month	10:00 - 11:15 am	Lac du Bonnet Health Centre Classroom	FREE! 	Walk-in <u>No</u> need to register For info call 345-1230 or 345-1239 Walk-in
	Third Friday of the month	10:00 - 11:15 am	Pinawa Hospital Boardroom		
<p>Walk the Halls in Pinawa and Lac du Bonnet Don't let the weather stop you from walking this spring! The Lac du Bonnet Senior School and Community Centre, and Pinawa Secondary School have opened their doors and halls to create a comfortable opportunity to walk indoors. Indoor gear please - indoor shoes, rubber-wheeled walkers, rubber-tipped poles.</p> <ul style="list-style-type: none"> Check posters for school closures. 	Every Tues. & Thurs.	1:00 - 2:00 pm	Lac du Bonnet Community Centre	Fee: \$1 per day	No need to register For Info call Two Rivers 345-1227 or Winnipeg River Recreation 345-8816 or 753-2639
	Monday to Friday	7:00 - 8:30 am and 4:00 - 6:00 pm	Lac du Bonnet Senior School	FREE! 	
	Monday to Friday	3:45 - 6:00 pm	Pinawa Secondary School	FREE! 	

Colon Cancer Awareness

Did you know...Colon cancer is the second most common cancer in Manitoba.

Did you know...In the early stages of colon cancer there are often no symptoms.

- Screening can save lives by detecting cancer early when treatment is most successful. If you're between 50-74 years of age get screened.
- Reduce your risk by making healthy lifestyle choices including healthy eating, 30minutes or more of physical activity every day, don't smoke or use tobacco, if you drink alcohol, do it in moderation, and maintain a healthy weight.
- Call ColonCheck Manitoba at 1-866-744-8961 for your free home screening test or talk to your health care provider about screening.

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<p>Early Notice!</p> <p>Get Better Together!</p> <p>A program for living better with chronic disease</p> <p>Are you sick and tired of being sick and tired? Or, are you managing well & want to stay that way? Get Better Together! is a 6 week program to take control of your health & be better able to: manage pain; start an exercise program; eat well to live well; use medications effectively; deal with fatigue & frustration; increase your energy level; solve & meet personal goals; talk to your doctor & make choices. This program is for anyone living with an ongoing condition, such as: arthritis, MS, depression, heart disease, asthma, chronic pain, diabetes, anxiety, cancer, fibromyalgia & heart disease.</p>	<p>6 Weeks Tues. Sept. 7 - Oct. 12</p>	<p>6:00 - 8:30 pm</p>	<p>Pinawa Lewis Centre, NEHA Boardroom</p>	<p>FREE!</p>	<p>Please Register Early call NEHA Wellness 345-1220</p>
	<p>Planned for Spring 2011</p> <p>Mid-April to End of May</p>		<p>Lac du Bonnet</p>		

Get Better Together!

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NEHA
Wellness
345-1220

