












Health Promotion Calendar 2010 –2011

Winnipeg River District Lac du Bonnet & Pinawa

Wellness Facilitator: Caroline McIntosh
345-1220
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EVENT	DATE	TIME	LOCATION	COST	CONTACT
<p>Want to Quit? Smoking Cessation Clinic 45 minute Quit session with Respiratory Therapist & 15 minute QUIT session with Dr. Eskandar. Learn to develop your QUIT plan, deal with your triggers, cope with withdrawal, deal with 'slips', use QUIT medications effectively; spirometry test.</p>	 Friday July 23	By Appointment	Lac du Bonnet Health Centre	FREE! 	To book your appointment, call the Doctors' Office 345-8173
<p>Get Better Together! A program for living better with ongoing health conditions. 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 health condition, such as: arthritis, MS, depression, heart disease, asthma, chronic pain, diabetes, anxiety, cancer, fibromyalgia & heart disease. Participants receive a copy of the book <i>Living a Healthy Life with Chronic Conditions</i>.</p>	<div style="background-color: #92d050; padding: 5px; display: inline-block;">Get Better Together!</div>			FREE! 	Be sure to Register Early call Lac du Bonnet Health Centre 345-8647
<p>6 Weeks Tues. Sept. 7 - Oct. 12</p>	6:00 -8:30 pm	Pinawa Lewis Centre, NEHA Boardroom			
	6 Weeks Mid-April– May	TBA	Lac du Bonnet		
<p>Tai Chi For everybody, especially those living with advanced arthritis, osteoporosis, diabetes, low back pain; incl. seniors, children & teens.</p>	8 weeks Sept Time TBA		Lac du Bonnet Pioneer Club	\$25	To Register call Two Rivers 345-1227
<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.</p>	8 weeks Sept Time TBA		Lac du Bonnet Pioneer Club	\$25	To Register call Two Rivers 345-1227

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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.</p>	 6 weeks TBA		TBA	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".</p>	TBA		TBA	FREE! 	<p>To Register call NEHA Wellness 345-1220</p>
Regular Ongoing Sessions					
<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 & Dietitian.</p>	Your Choice	Please make an Appointment	Lac du Bonnet Community Centre	FREE! 	<p>For an appointment call 345-1230</p> <p>To set up a clinic at a special event, conference, or worksite call 345-1220</p>
<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! 	<p>Walk-in</p> <p><u>No</u> need to register</p> <p>For info call 345-1230</p>
	Third Friday of the month	10:00 - 11:15 am	Pinawa Hospital Boardroom		
<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 Starts Sept.	1:30 -3:30 pm	Pinawa Alliance Church	FREE! 	<p>For Information call Two Rivers 345-1227</p>

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<p>Walk the Halls in Lac du Bonnet</p> <p>Don't let the weather or bugs stop you from walking! The Lac du Bonnet Community Centre has opened its doors to create a comfortable opportunity to walk indoors. Indoor gear please - indoor shoes, rubber-wheeled walkers, rubber-tipped poles.</p>	<p>Every Tues. & Thurs.</p>	<p>1:00 - 2:00 pm</p>	<p>Lac du Bonnet Community Centre</p>	<p>Fee: \$1 per day</p>	<p><u>No</u> need to register</p> <p>For Info call Two Rivers 345-1227</p>