




Health Promotion Calendar

2009 / 2010

Why not Carpool?

There's a variety of events taking place in North Eastman - why not arrange a carpool and check them out!

Winter / Spring

EVENT	DATE	TIME	LOCATION	COST	CONTACT
<p>Diabetes & Heart Health Information Sessions</p> <p>Join us once a month as we share information on Diabetes and Heart Health. A Registered Nurse and Dietitian will be on hand to answer your questions. (This program was formerly known as the Diabetes Support Group). <i>Brought to you by the North Eastman Health Association.</i></p>	<p>Every 3rd Monday of the month</p>	<p>10:00 - 11:30 A</p>	<p>Beausejour Legion</p>	<p>These are free sessions, and registration is not required.</p>	<p>For Info Call Karen @ 268-7477 or Sharlene @ 268-7478</p>
<p>Changes Clubhouse</p> <p>is bringing mental illness out of the shadows by changing one mind at a time. We are average everyday people who are dealing with loneliness, stress, anxiety etc. <i>Facilitated by: Anxiety Disorders, Mood Disorders and Manitoba Schizophrenia Society.</i></p>	<p>meets most Mondays</p>	<p>11:30 A to 3:30 P</p>	<p>SunGro Centre Beausejour</p>	<p>Free</p>	<p>Call for info: Elsa 345-8511 or Judy 444- 5228</p>
<p>Weight Loss Information & Support Group – supporting your efforts to lose or maintain weight. For new and returning participants.</p> <p>Dec. 1 <i>Avoiding Holiday Pitfalls</i> (M. Beauchamp, Mental Health Worker).</p> <p>Dec. 15 <i>What is Your Plan?</i> (D. Devigne, Mental Health Worker)</p>	<p>Every Second Tues. Dec. 1, 15</p>	<p>5:30 - 6:30 pm</p>	<p>Beausejour PHC Centre MPR</p>	<p>Free</p>	<p>Please register in advance 268-7440</p>
<p>Get Better Together!</p> <p>A program for living better with chronic disease. </p> <p>A six week program to help you take control of your health and be better able to: manage your pain, deal with fatigue, frustration & isolation, start an exercise program, eat to live well, increase your energy level, use medications effectively, solve problems & meet personal goals, talk to your doctor about your health, and make choices about your treatment.</p> <p>For anyone with an ongoing condition, such as: arthritis, asthma, cancer, chronic fatigue, chronic back pain, depression, anxiety, diabetes, fibromyalgia, hepatitis, high blood pressure, heart disease, lupus, multiple sclerosis, osteoporosis, Parkinson's, stroke or any other ongoing health concern.</p> <p>sponsored by the Wellness Institute at Seven Oaks Hospital, participating Regional Health Authorities and local health centres.</p>	<p>2010</p> <p>Fridays Jan. 15 to Feb. 19</p>	<p>1:00 - 3:30 P</p>	<p>Springfield Library Hwy. 206 Dugald</p>	<p>FREE PROGRAM</p> <p>Limited Seating Available</p>	<p>To Register Call 444-6142 Or 444-6128</p>




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 Christmas Memories Evenings <p>The intent of these evenings is to provide people with the opportunity to set aside some time to honour those who have died in our communities in the past year, but also to honour the memories of our family members. The evening includes readings, candle lighting, placing memory cards (and in some cases ornaments) on the tree, as well as some music and time for reflection. You are invited to join us at these sessions.</p>	Nov. 30	7:00 P	Beausejour East-Gate Lodge	n/a	<p>For more information call Susan Barnett, Coordinator of Bereavement and Support Services, 753-5250</p>
	Dec. 3	7:00 P	Pine Falls Sunnywood Manor	n/a	
	Dec. 8	7:00 P	Whitemouth Personal Care Home	n/a	
	Dec. 14	7:00 P	Lac du Bonnet Personal Care Home	n/a	
	Dec. 15	7:00 P	Oakbank – Kin Place Personal Care Home	n/a	
	Dec. 2 to 31	Pinawa Place a card on the “ Memory Tree ” located in Pinawa Mall Shopping Centre			
2010					
<p>Get Better Together! Leader Training – <i>Become a 'Get Better Together!' Peer Leader Volunteer</i></p> <p>Get Better Together! Is a peer-led program that helps people living with a chronic disease such as: Anxiety, Arthritis, Asthma, Cancer, Fatigue, Back Pain, Diabetes, Depression, Fibromyalgia, Heart Disease, Hepatitis, High Blood Pressure, Lupus, Multiple Sclerosis, Parkinson's Disease and Stroke. Learn ways to control pain; deal with fatigue and frustration; start a basis exercise program; handle stress; eat well to live well. Leaders teach from a scripted manual and always teach in pairs. No experience necessary.</p> <p>FREE Training includes a Leader's Manual and a copy of the <i>Living a Healthy Life with Chronic Conditions</i>; lunch and a fuel honorarium.</p>	<p>4 days</p> <p><u>2010</u> Feb. 17, 18, 24, 25</p>	<p>9:30 A to 3:30 P</p>	<p>Blue Water Pine Falls Health Complex</p>	<p>Free</p>	<p>Register before <u>Feb. 10</u></p> <p>Call 444-6142</p>
<p>Stop Smoking or When You are Ready This session will focus on a variety of methods and resources that you could use to help you to stop smoking. Learn about the effects of tobacco on your body and why it is so hard to stop smoking. Learn about the "cold turkey" method, medications, self-help resources, and group programs available to help you quit.</p>	<p>Wed. Jan. 20</p>	<p>6:30 - 7:30 pm</p>	<p>Beausejour PHC Centre MPR</p>	<p>Free</p> <p>Refreshments available,</p>	<p><u>Register by Monday January 18</u> at 268-7440.</p> <p>Maximum 18 people.</p>



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<p>Commit to Quit – A 5-week group program that will help you stop smoking and start living smoke-free. Presented by <i>Carla Hlady & Sharlene Thompson – PHC Nurses</i>. If you are interested in signing up but these dates don't work for you please let us know.</p>	Thurs. Jan. 29 Feb. 4, 11 18, 25	6:00 to 7:00 pm	Beausejour PHC, MPR	\$5.00	Register by Jan. 21 268-7440 or bstefansson@ neha.mb.ca																												
<p>Community Lunch & Learn Join us for a 30-minute presentation with information on wellness topics that matter to you, by NEHA Dietitians Karen Omichinski and Lisa Oliver. Bring a bagged lunch, and your questions! All sessions are free, and open to the public! The Winter Session includes the following topics:</p> <ul style="list-style-type: none"> ○ Warm and Satisfying Comfort Foods - The weather outside may be frightful, but the meals inside are delightful! Our dietitian will show you healthier ways to prepare the meals we love to eat when it is cold outside. Let it snow... ○ Choosing & Preparing Less Expensive Cuts of Meat - Money is tight. Find out how to cook delicious meals on a budget. 	<table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td style="text-align: center;">Monday</td><td style="text-align: center;">Jan 25</td><td style="text-align: center;">Comfort Foods</td><td style="text-align: center;">Gillis</td></tr> <tr><td style="text-align: center;">Monday</td><td style="text-align: center;">Jan 25</td><td style="text-align: center;">Comfort Foods</td><td style="text-align: center;">ESS</td></tr> <tr><td style="text-align: center;">Tuesday</td><td style="text-align: center;">Jan 26</td><td style="text-align: center;">Comfort Foods</td><td style="text-align: center;">PHCC</td></tr> <tr><td style="text-align: center;">Monday</td><td style="text-align: center;">Feb 1</td><td style="text-align: center;">Comfort Foods</td><td style="text-align: center;">BEYS</td></tr> <tr><td style="text-align: center;">Tuesday</td><td style="text-align: center;">Feb 23</td><td style="text-align: center;">Less Expensive Cuts of Meat</td><td style="text-align: center;">PHCC</td></tr> <tr><td style="text-align: center;">Wednesday</td><td style="text-align: center;">Feb 24</td><td style="text-align: center;">Less Expensive Cuts of Meat</td><td style="text-align: center;">Gillis</td></tr> <tr><td style="text-align: center;">Wednesday</td><td style="text-align: center;">Feb 24</td><td style="text-align: center;">Less Expensive Cuts of Meat</td><td style="text-align: center;">ESS</td></tr> </tbody> </table> <p>PHCC: Primary Health Care Centre MPR 12:15pm-12:45pm and 1:30pm—2:00pm ESS: Edward Schreyer School 3:45pm-4:15pm Gillis School (Tyndall) 11:50am-12:20pm BEYS: Beausejour Early Years School 1:15pm to 1:45pm</p>					Monday	Jan 25	Comfort Foods	Gillis	Monday	Jan 25	Comfort Foods	ESS	Tuesday	Jan 26	Comfort Foods	PHCC	Monday	Feb 1	Comfort Foods	BEYS	Tuesday	Feb 23	Less Expensive Cuts of Meat	PHCC	Wednesday	Feb 24	Less Expensive Cuts of Meat	Gillis	Wednesday	Feb 24	Less Expensive Cuts of Meat	ESS
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<p>Craving Change - A 3-week program that helps adults deal with the emotions, thoughts and behaviors that make it hard to control eating. Craving Change is designed for those who struggle to maintain healthy eating habits, say they eat for comfort or in response to strong feelings, feel frustrated with the usual weight loss diet programs, and want to feel more in control of their eating. <i>Facilitated by NEHA Dietitian, Karen Omichinski, RD, CDE</i></p>	January Program Full – Call to Register for Spring Session		Beausejour Health Centre, MPR	Free (workbook included)	To register for Spring Session Call 268-7477																												
<p>Get a Grip on Stress - A 4-week stress management series for everyday life, for ordinary people. This series will provide you with some Stress-Busters; tools and methods for balancing your life, dealing with stressful people and situations, and keeping your body in stress fighting shape. This workshop series is for adults who are experiencing stress in their family, work & personal lives.</p>	April watch for details																																
<p>Women's & Breast Cancer Information Group - Cancer survivors and their supports meet 2 times per year to discuss issues affecting people with breast cancer and women's cancers. <i>Barbara Bromilow, Pharmacist at Beausejour Pharmasave, will focus on Complimentary Therapies for people living with cancer.</i></p>	Tues. April 27				Call Lorraine Best, Beausejour Community Contact, at 268-2328 for information.																												
<p>Risk Factor Assessment Clinics - Did you know 75% of the deaths in Canada are attributed to Cancer, Cardiovascular Disease, Diabetes, Kidney Disease and Respiratory Diseases? Learn what you can do to reduce your risk factors. Join a Nurse and a Registered Dietitian to learn more about getting a free blood pressure reading and analysis of your lifestyle.</p>	Watch for dates & locations in the community				Call 268-7440 to set up a clinic at a special event, conference or worksite.																												