



Health Promotion Calendar 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 |
|--|---|--------------------|--------------------------------------|--|---|
| Regular Ongoing Sessions | | | | | |
| <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> | Every 3 rd Monday of the month | 10:00 - 11:30 A | Beausejour Legion | These are free sessions, and registration is not required. | For Info Call Karen @ 268-7477 or Sharlene @ 268-7478 |
| <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> | meets most Mondays | 11:30 A to 3:30 P | SunGro Centre Beausejour | Free | Call for info: Elsa 345-8511 or Judy 444-5228 |
| March & April sessions | | | | | |
| <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> | Call to Register for Spring Session | | Beausejour Health Centre, MPR | Free (workbook included) | To register for Spring Session Call 268-7477 |
| <p>Cooking with Kids – For grade five & sixers Cook and eat your own creations! Learn new recipes with ingredients from home, new ideas for packing lunches, snacking ideas, what's on a label, and more!</p> | Tues. Mar. 16 | 5:30 pm to 7:30 pm | Beausejour Edward Schreyer School | FREE! Only 20 spots available | Limited Registration by Mar. 10 Call 268-2506 or 268-7440 to register |
| <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> | Thurs. evenings April 8, 15,22,29 | 6:30 pm to 8:30 pm | Beausejour Primary Health CareCentre | \$15 per couple Or \$10 per person | To register with payment by Apr. 16 At Network for Change: Hew Bldg. 17-31 First St. South (across from Provincial bldg.) Call 268-2506 or 268-7440 to register |
| continued | | | | | |



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| 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> | Tues. April 27 | | | | Call Lorraine Best, Beausejour Community Contact, at 268-2328 for information. |
| 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. | Watch for dates & locations in the community | | | | Call 268-7440 to set up a clinic at a special event, conference or worksite. |