



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!

Spring

EVENT	DATE	TIME	LOCATION	COST	CONTACT
Regular Ongoing Sessions					
<p>Diabetes & Heart Health Information Sessions 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 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
Spring/Summer 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>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.