



# Health Promotion Calendar 2012

## Why not Carpool?

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

EVENT	DATE	TIME	LOCATION	COST	CONTACT
<b>Regular Ongoing Sessions</b>					
<b>Diabetes &amp; Heart Health Information Sessions</b> Join us once a month as we share information on Diabetes and Heart Health. A <b>Registered Nurse and Dietitian</b> 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>	<b>Third Monday</b> of the month	10:00 A to 11:30 A	Beausejour Legion	These are FREE sessions, and registration is not required.	For Info  Call Karen @ 268-7477 or Sharlene @ 268-7478
	<b>First Thursday</b> of the month	10:00 A to 11:30 A	Beausejour Health Centre PHC – MPR		
<b>Come 15 minutes early</b> If you would like your blood pressure, blood sugar and/or weight measured	<b>Last Monday</b> of the month	10:00 A to 11:15 A	Lac du Bonnet Health Centre	For Info  Call 345-1230	
	<b>Third Friday</b> of the month	10:00 A to 11:15A	Pinawa Hospital Boardroom		
<b>Changes Clubhouse</b> Come Join Us at Changes Clubhouse. We are average everyday people who are dealing with loneliness, stress, anxiety etc. At the Clubhouse we are working towards the betterment of our mental health by socializing and supporting one another. <i>Facilitated by: Anxiety Disorders Association of Manitoba and Mood Disorders Association.</i>	meets <b>most Mondays</b>	10:30 A to 3:30 P	SunGro Centre Beausejour	FREE	Call: Elsa 345-8511 or Judy 444-5228  For Transportation Call 444-5228
<b>Ask a Nurse @ the Pharmacy</b> A Primary Health Care Nurse from NEHA will be at Pharmasave once a month to answer your health questions.	<b>Second Monday</b> of the month	12:00 N	Pharmasave Beausejour	FREE	For more info call 268-7440
<b>Ask a Dietitian @ the Grocery Store</b> A Registered Dietitian from NEHA will be at Co-Op to answer nutrition and food label questions.	<b>Third Monday</b> of the month	9:30 A	Co-Op Grocery Store Beausejour	FREE	For more info call 268-7440
<b>Winter sessions</b>					
<b>Want to Quit Smoking?</b> Why not get help saying, "NO!" for good! Come to our Quit Smoking Clinic.  Quit sessions are 45 minutes with a Respiratory Therapist and 15 minutes with a Doctor. Topics covered include developing your quit plan, dealing with 'triggers', coping with withdrawal, dealing with 'slips' and using quit medications effectively.	Next session to be determined	TBA	Lac du Bonnet Health Centre	FREE	To be placed on the waiting list Call 345-1220



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<p><b>Get Better Together Program</b> – Are you sick and tired of being sick and tired? Or, are you managing well &amp; want to stay that way? Get Better Together! is a 6 week program, 2½ hours per week, where you can learn to take control of your health and better manage your pain; deal with fatigue &amp; frustration; increase your energy level; eat well to live well; solve problems &amp; meet personal goals; start an exercise program; use medications effectively; talk to your doctor &amp; make wise 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 &amp; heart disease. Participants receive a copy of the book <i>Living a Healthy Life with Chronic Conditions</i>.</p>	Next session to be determined		TBD	FREE	<p>It's not too early to sign up! – Especially if you're a snowbird or know a snowbird who'd benefit from this well-received program!</p> <p>For Info or to Register Call 345-8647</p>

For Information on District Specific Sessions please refer to "What's Up in Wellness Promotion" Bulletin <http://www.neha.mb.ca/hpbulletin2012.pdf>