

Spring 2012

To register, or for more information, call: 1-877-314-6997 or 1-403-314-6997

Dates & Times are subject to change

Better Choices, Better Health– Self-Management Education

Program Information and Objectives

Six x 2½ hr sessions

- These classes will help you learn skills (e.g. problem solving, goal setting, developing action plans and relaxation techniques) to manage the day-to-day challenges of living with a chronic health condition.

Who is the class for?

- ✓ Anyone with a chronic disease wanting to gain confidence and learn skills to better manage their health. Family members and/or care providers welcome.

Place	Day	Time	Date
Breton Health Centre – In service Room	Wednesday	1:00 pm – 3:30 pm	May 2, 9, 16, 23, June 6 & 13, 2012
Camrose – MSK Clinic, Education Room 6601- 48 Ave Camrose (Smith Clinic)	Mondays *Note: No class May 21	1:00 pm – 3:30 pm	May 7, 14, 28, June 4, 11, & 18, 2012
Consort Hospital – Education Room	Thursdays	1:00 pm – 3:30 pm	May 24, 31, June 7, 14, 21, & 28, 2012
Drayton Valley Hospital– Education Room	Wednesday	1:00 pm – 3:30 pm	March 14, 21, 28, April 4, 11, & 18, 2012
Drumheller Hospital – Conference Room #4/5	Tuesdays	1:00 pm – 3:30 pm	June 12, 19, 26, July 3, 10 & 17, 2012
Hanna Learning Centre	Fridays	9:30 am – 12:00 pm	May 11, 18, 25, June 1, 8, 15, 2012
Lamont Health Unit – Education Room	Thursdays	1:30 pm – 4:00 pm	April 12, 19, 26, May 3, 10 & 17, 2012
Olds – Municipal Library	Thursdays	10:00 am – 12:30 pm	April 26, May 3, 10, 17, 24 & 31, 2012
Ponoka Community Health Centre – Conference Room	Tuesdays	1:30 pm – 4:00 pm	May 15, 22, 29, June 5, 12 19, 2012
Red Deer Bremner Ave Community Health Centre CG More conference Room	Tuesdays	4:00 pm – 6:30 pm	April 24, May 1, 8, 15, 22, & 29, 2012
Rimbey Hospital – Conference Room	Fridays *Note-April 6 th no class	1:00 pm – 3:30 pm	March 9, 16, 23, 30, April 13 & 20, 2012
Rocky Mountain House Hospital – Auditorium	Thursdays	9:30 am – 12:00 pm	May 24, 31, June 7, 14, 21, & 28, 2012
Stettler Hospital – Conference Room	Wednesdays May 17 is Thursday	6:00 pm – 8:30 pm	April 18, 25, May 2, 9, 17* & 23, 2012
Sundre – Elks Hall	Thursdays	10:00 am – 12:30 pm	June 7, 14, 21, 28, July 5 & 12, 2012
Tofield Community Health Centre – Conference Room	Mondays *Note – May 21 no class	1:30 pm – 4:00 pm	April 16, 23, 30, May 7, 14 & 28, 2012
Trochu St. Mary's Hospital- Hospitality Room	Thursdays	1:00 pm – 3:30 pm	March 15, 22, 29, April 5, 12 & 19, 2012
Viking Community Health Centre – Conference Room	Wednesday	10:00 am – 12:30 pm	April 18, 25, May 2, 9, 16, & 23, 2012

Blood Glucose Monitoring – Continuous (CGMS)

Class Information and Objectives

Two x 1¼ hr sessions

In the first session you will learn:

- Instruction on chosen CGMS device
- Insertion of sensor and connection of transmitter
- Individual assessment with registered nurse

In the second session you will learn:

- Disconnect and download of device
- Review of data recovered from device
- Recommendations for management options

Who is the class for?

- ✓ Anyone with diabetes who is having difficulty adjusting their medications for optimal blood glucose control
- ✓ Anyone who wants to rule out night time hypoglycemia, or anyone who is at risk for hypoglycemia

**Available through the Red Deer 49th St CHC
Diabetes Education Centre**

Please call 1-877-314-6997 or 1-403-314-6997 to book

Diabetes The Basics

Class Information and Objectives

In this 6 hr group session, you will learn how to care for and manage your diabetes (Pre-diabetes and Type 2), specifically:

- Diabetes myths and facts
- Progression of diabetes
- Healthy eating with diabetes
- Blood glucose monitoring & control
- Medications for diabetes
- What to do during an illness
- Benefits of keeping active
- Adopting a healthy lifestyle

Who is the class for?

- ✓ People diagnosed with pre diabetes, or
- ✓ Type 2 diabetes (newly diagnosed or needing an update)

Note: As this workshop is day long, please bring a bag lunch and any other supplies you require for the day.

Place	Day	Time	Date
Bashaw – Neighbourhood Place	Tuesday	9:30 am – 3:30 pm	May 1, 2012
Breton Health Centre – In service Room	Tuesday	9:30 am – 3:30 pm	May 22, 2012
Camrose – Edgeworth Centre Meeting room	Friday	9:30 am – 3:30 pm	April 27, 2012
Camrose – Edgeworth Centre Meeting room	Friday	9:30 am – 3:30 pm	May 25, 2012
Camrose – Edgeworth Centre Meeting room	Friday	9:30 am – 3:30 pm	June 22, 2012
Caroline – Senior’s Centre	Wednesday	9:30 am – 3:30 pm	April 4, 2012
Drayton Valley Hospital – Pembina Room	Tuesday	9:30 am – 3:30 pm	April 3, 2012
Drayton Valley Hospital – Pembina Room	Tuesday	9:30 am – 3:30 pm	May 1, 2012
Drayton Valley Hospital – Pembina Room	Tuesday	9:30 am – 3:30 pm	June 5, 2012
Drumheller Hospital – Board Room	Friday	9:30 am – 3:30 pm	April 13, 2012
Eckville Community Health Centre-Conference Room	Wednesday	9:30 am – 3:30 pm	May 23, 2012
Hanna Hospital – In service Room	Wednesday	9:30 am – 3:30 pm	June 6, 2012
Innisfail Hospital – Classroom	Wednesday	9:30 am – 3:30 pm	April 25, 2012
Innisfail Hospital – Classroom	Wednesday	9:30 am – 3:30 pm	May 16, 2012
Innisfail Hospital – Classroom	Wednesday	9:30 am – 3:30 pm	June 20, 2012
Lacombe – Neighbourhood Place	Wednesday	9:30 am – 3:30 pm	June 13, 2012
Olds Hospital – Classroom	Wednesday	9:30 am – 3:30 pm	April 4, 2012
Olds Hospital – Classroom	Wednesday	9:30 am – 3:30 pm	May 2, 2012
Olds Hospital – Classroom	Wednesday	9:30 am – 3:30 pm	June 6, 2012
Ponoka Community Health Centre-Conference Room	Tuesday	9:30 am – 3:30 pm	April 17, 2012
Ponoka Community Health Centre-Conference Room	Monday	9:30 am – 3:30 pm	June 4, 2012
Red Deer – Bethany Collegese Education Room	Thursday	9:00 am – 3:00 pm	April 5, 2012
Red Deer – Bethany Collegese Education Room	Thursday	9:00 am – 3:00 pm	April 12, 2012
Red Deer – Bethany Collegese Education Room	Thursday	9:00 am – 3:00 pm	April 19, 2012

Diabetes The Basics (cont...)

Place	Day	Time	Date
Red Deer – Bethany Collegese Education Room	Thursday	9:00 am – 3:00 pm	April 26, 2012
Red Deer – Bethany Collegese Education Room	Friday	9:00 am – 3:00 pm	May 4, 2012
Red Deer – Bethany Collegese Education Room	Thursday	9:00 am – 3:00 pm	May 10, 2012
Red Deer – Bethany Collegese Education Room	Saturday	9:00 am – 3:00 pm	May 12, 2012
Red Deer – Bethany Collegese Education Room	Thursday	9:00 am – 3:00 pm	May 17, 2012
Red Deer – Bethany Collegese Education Room	Thursday	9:00 am – 3:00 pm	May 24, 2012
Red Deer – Bethany Collegese Education Room	Thursday	9:00 am – 3:00 pm	May 31, 2012
Red Deer – Bethany Collegese Education Room	Thursday	9:00 am – 3:00 pm	June 7, 2012
Red Deer – Bethany Collegese Education Room	Tuesday	9:00 am – 3:00 pm	June 12, 2012
Red Deer – Bethany Collegese Education Room	Thursday	9:00 am – 3:00 pm	June 14, 2012
Red Deer – Bethany Collegese Education Room	Tuesday	9:00 am – 3:00 pm	June 19, 2012
Red Deer – Bethany Collegese Education Room	Thursday	9:00 am – 3:00 pm	June 21, 2012
Red Deer – Bethany Collegese Education Room	Thursday	9:00 am – 3:00 pm	June 28, 2012
Rimbey Community Health Centre – Conference Room	Monday	9:30 am – 3:30 pm	May 7, 2012
Rocky Mountain House – Medical Clinic Lower Level	Wednesday	9:30 am – 3:30 pm	April 18, 2012
Rocky Mountain House – Medical Clinic Lower Level	Wednesday	9:30 am – 3:30 pm	June 20, 2012
Stettler Hospital – Conference Room	Tuesday	9:30 am – 3:30 pm	April 10, 2012
Stettler Hospital – Conference Room	Tuesday	9:30 am – 3:30 pm	June 12, 2012
Sundre Hospital – Board Room	Wednesday	9:30 am – 3:30 pm	May 23, 2012
Sylvan Lake Community Health Centre – Education Room	Friday	9:30 am – 3:30 pm	May 18, 2012
Three Hills Health Centre – Education Room	Thursday	9:30 am – 3:30 pm	April 26, 2012
Trochu St. Mary's Hospital Board Room	Wednesday	9:30 am – 3:30 pm	May 16, 2012
Wetaskiwin CHC – Dorothy French Room	Monday	9:30 am – 3:30 pm	April 16, 2012
Wetaskiwin CHC – Dorothy French Room	Monday	9:30 am – 3:30 pm	May 14, 2012
Wetaskiwin CHC – Dorothy French Room	Monday	9:30 am – 3:30 pm	June 18, 2012
Winfield Community Health Centre – Conference room	Wednesday	9:30 am – 3:30 pm	April 25, 2012

Diabetes – Individual Care Appointments
Session Information

- One x 2½ hr session and as needed
- Information and care as needed

Who is this for?

- ✓ Any child or adult with diabetes who requires further care beyond the group sessions and/or in addition to the care available through their family physician

Available in specific communities only

Please call 1-877-314-6997 or 1-403-314-6997 to book

Diabetes and Pregnancy
Class Information and Objectives

One x 2½ hr session and follow-up as needed
In this session you will learn:

- Blood Glucose & Ketone Monitoring
- Nutrition and Physical Activity
- Starting Insulin education, if required

Who is the class for?

- ✓ Any person with diabetes who is planning a pregnancy or is pregnant

Place	Day	Time	Date
Red Deer 49 th St CHC – Diabetes Education Centre	Tuesday	1:30 pm – 4:00 pm	April 3, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Thursday	6:00 pm – 8:30 pm	April 12, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Tuesday	1:30 pm – 4:00 pm	April 17, 2012

Diabetes and Pregnancy (cont...)

Place	Day	Time	Date
Red Deer 49 th St CHC – Diabetes Education Centre	Thursday	9:00 am – 11:30 am	April 26, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Tuesday	1:30 pm – 4:00 pm	May 1, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Thursday	6:00 pm – 8:30 pm	May 10, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Tuesday	1:30 pm – 4:00 pm	May 15, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Tuesday	1:30 pm – 4:00 pm	May 24, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Thursday	9:00 am – 11:30 am	May 29, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Tuesday	1:30 pm – 4:00 pm	June 5, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Thursday	6:00 pm – 8:30 pm	June 14, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Tuesday	1:30 pm – 4:00 pm	June 19, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Thursday	9:00 am – 11:30 pm	June 28, 2012
Wetaskiwin CHC – Small Meeting Room	Thursday	9:00 am – 11:30 pm	April 5, 2012
Wetaskiwin CHC – Small Meeting Room	Thursday	9:00 am – 11:30 pm	April 19, 2012
Wetaskiwin CHC – Small Meeting Room	Thursday	9:00 am – 11:30 pm	May 3, 2012
Wetaskiwin CHC – Small Meeting Room	Thursday	9:00 am – 11:30 pm	May 17, 2012
Wetaskiwin CHC – Small Meeting Room	Thursday	9:00 am – 11:30 pm	May 31, 2012

Diabetes Type 1 – eXtreme Diabetes Talk
Class Information and Objectives

One x 2½ hr session. In this session you will:

- Talk about all the things you want to know about diabetes but are too scared to ask.
- Examples are driving, traveling, going out etc

Who is the class for?

- ✓ Kids with diabetes ages 12 & up. Guest speakers, food, fun & prizes.

Place	Day	Time	Date
Red Deer 49 th St CHC – Diabetes Education Centre	Thursday	6:00 pm – 8:30 pm	May 24, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Thursday	6:00 pm – 8:30 pm	July 26, 2012

Diabetes Type 1 – Illness Management
Class Information and Objectives

One x 2½ hr session
In this session you will learn:

- Insulin adjustment skills related to illness management and physical activity

Who is the class for?

- ✓ Anyone with type 1 diabetes (recommended once a year)

Place	Day	Time	Date
Red Deer 49 th St CHC – Diabetes Education Centre	Thursday	6:00 pm – 8:30 pm	April 5, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Thursday	6:00 pm – 8:30 pm	May 3, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Thursday	6:00 pm – 8:30 pm	June 7, 2012

Diabetes Type 1 – Insulin Management

Class Information and Objectives

One x 2½ hr session and follow-up as needed

In this session you will learn:

- Insulin assessment related to:
 - Why do I need to take insulin?
 - Insulin action, onset, peak and duration
 - Injection technique, site rotation, insulin storage & sharps disposal
- A1C & Daily Blood Glucose Targets
- Rules for Safe Insulin Adjustment & Management
- Nutrition & Carbohydrate Counting
- Hypoglycemia - Prevention, Signs, Symptoms & Treatment

Who is the class for?

- ✓ Any person with Type 1 diabetes

Place
Day
Time
Date

Red Deer 49 th St CHC – Diabetes Education Centre	Wednesday	1:30 pm – 4:00 pm	April 25, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Wednesday	1:30 pm – 4:00 pm	May 23, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Wednesday	1:30 pm – 4:00 pm	June 27, 2012

Healthy Eating – Carbohydrate Counting, Glycemic Index and Fibre

Class Information and Objectives

One x 2½ hr session. In this session you will learn:

- Carbohydrate counting for diabetes
- Introduction to the Glycemic Index (GI)
- How to read Nutrition Facts labels for carbohydrates
- Function of fibre, fibre in a healthy diet and fibre recommendations

Who is the class for?

- ✓ Anyone with diabetes who has attended Diabetes The Basics, Insulin Start, Insulin Adjustment Beginning OR Insulin Adjustment Advanced, OR
- ✓ Anyone who has had individual nutrition counseling in carbohydrate counting

Place
Day
Time
Date

Red Deer 49 th St CHC – Diabetes Education Centre	Monday	9:00 am – 11:30 am	April 23, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Monday	9:00 am – 11:30 am	May 28, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Monday	9:00 am – 11:30 am	June 25, 2012
Wetaskiwin CHC – Board Room via Video Conference	Monday	9:00 am – 11:30 am	April 23, 2012
Wetaskiwin CHC – Board Room via Video Conference	Monday	9:00 am – 11:30 am	May 28, 2012
Wetaskiwin CHC – Board Room via Video Conference	Monday	9:00 am – 11:30 am	June 25, 2012

Healthy Eating – Label Reading, Fast Food & Eating Out for Diabetes

Class Information and Objectives

One x 2½ hr session

In this session you will learn:

- How to make healthy choices in the grocery store
- Label reading
- How to make healthy, nutritious choices when eating at restaurants

Who is the class for?

- ✓ Anyone with diabetes who has attended Diabetes The Basics, Insulin Start, Insulin Adjustment Beginning OR Insulin Adjustment Advanced, OR
- ✓ Anyone who has had individual nutrition counseling in carbohydrate counting.

Place
Day
Time
Date

Red Deer 49 th St CHC – Diabetes Education Centre	Monday	9:00 am – 11:30 am	April 16, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Friday	9:00 am – 11:30 am	May 25, 2012

Healthy Eating – Label Reading (cont...)

Place	Day	Time	Date
Red Deer 49 th St CHC – Diabetes Education Centre	Monday	9:00 am – 11:30 am	June 18, 2012

Healthy Lifestyle Fair

Class Information and Objectives

One 5 hr interactive group session

In this session you will learn:

- Participate in various types of physical activity
- Experience hands on learning about basic healthy eating
- Learn the “formula” to set realistic and achievable goals

Who is the class for?

- ✓ Anyone wanting to learn more about healthy lifestyle choices to improve their health or manage a chronic disease

Note: The Healthy Lifestyle Fair is offered in collaboration with Big Country Primary Care Network.

Place	Day	Time	Date
Consort – Sportex	Wednesday	9:30 am – 3:00 pm	June 6, 2012
Coronation Hospital – Conference Room	Wednesday	9:30 am – 3:00 pm	April 11, 2012
Drumheller Hospital – Conference Room #1	Tuesday	9:30 am – 3:00 pm	March 6, 2012
Hanna Learning Centre	Tuesday	9:30 am – 3:00 pm	June 5, 2012
Stettler – Recreation Centre (Arena)	Tuesday	9:30 am – 3:00 pm	May 8, 2012
Three Hills – Centennial Place (Arena)	Tuesday	9:30 am – 3:00 pm	May 29, 2012

Heart Wise – Managing Cholesterol and Blood Pressure

Class Information and Objectives

In this 3 hr group session, you will learn:

- High blood pressure causes, risk factors and complications
- High cholesterol: causes, risk factors and complications
- Heart healthy lifestyle choices and how to manage your own heart health
- How to measure your own blood pressure
- Understand what “heart healthy” foods are
- Have a goal to eat healthier and live better!

Who is the class for?

- ✓ People diagnosed with high blood pressure and/or high cholesterol (newly diagnosed or needing an update)
- ✓ People diagnosed with risk factors for heart disease.
- ✓ People wanting to learn more about healthy lifestyle choices to improve their health or manage a chronic disease.

Note: Clients are encouraged to bring their own blood pressure machine to class (if they have one)

Note: Heart Wise is offered in collaboration with AHS nutrition and food services.

Place	Day	Time	Date
Bashaw Neighbourhood Place	Wednesday	1:00 pm – 4:00 pm	June 20, 2012
Drayton Valley Hospital – Pembina Room	Tuesday	9:00 am – 12:00 pm	May 15, 2012
Drumheller Hospital – Board room	Friday	9:00 am – 12:00 pm	April 20, 2012
Drumheller Hospital – Board room	Friday	9:00 am – 12:00 pm	June 22, 2012
Eckville Community Health Centre-Conference Room	Wednesday	9:00 am – 12:00 pm	April 11, 2012
Hanna Hospital – In service Room	Thursday	12:00 am – 3:00 pm	June 21, 2012
Innisfail Hospital – Classroom	Thursday	9:00 am – 12:00 pm	April 19, 2012
Innisfail Hospital – Classroom	Wednesday	1:00 pm – 4:00 pm	June 27, 2012
Lacombe Hospital – Education Room	Tuesday	9:00 am – 12:00 pm	May 15, 2012
Olds Hospital – Classroom	Wednesday	9:00 am – 12:00 pm	April 18, 2012
Olds Hospital – Classroom	Tuesday	9:00 am – 12:00 pm	May 15, 2012
Olds Hospital – Classroom	Wednesday	9:00 am – 12:00 pm	June 13, 2012
Ponoka Hospital – Chapel	Friday	9:00 am – 12:00 pm	June 15, 2012

Heart Wise (cont...)

Place	Day	Time	Date
Red Deer – Bethany Collegese Education Room	Friday	9:00 am – 12:00 pm	April 13, 2012
Red Deer – Bethany Collegese Education Room	Friday	9:00 am – 12:00 pm	April 27, 2012
Red Deer – Bethany Collegese Education Room	Friday	9:00 am – 12:00 pm	May 11, 2012
Red Deer – Bethany Collegese Education Room	Friday	9:00 am – 12:00 pm	May 25, 2012
Red Deer – Bethany Collegese Education Room	Friday	9:00 am – 12:00 pm	June 8, 2012
Red Deer – Bethany Collegese Education Room	Friday	9:00 pm – 12:00 pm	June 22, 2012
Rimbey Hospital – Conference Room	Friday	9:00 am – 12:00 pm	May 18, 2012
Rocky Mountain House Hospital – Auditorium	Wednesday	1:00 pm – 4:00 pm	May 9, 2012
Stettler Hospital – Conference Room	Thursday	9:00 am – 12:00 pm	May 3, 2012
Stettler Hospital – Conference Room	Tuesday	9:00 am – 12:00 pm	June 5, 2012
Sundre Hospital – Board Room	Thursday	1:00 pm – 4:00 pm	June 21, 2012
Sylvan Lake Community Health Centre – Education Room	Friday	9:00 am – 12:00 pm	June 1, 2012
Three Hills Health Centre – Education Room	Thursday	9:00 am – 12:00 pm	May 17, 2012
Trochu St. Mary's Hospital Board Room	Friday	9:00 am – 12:00 pm	April 27, 2012
Wetaskiwin Hospital – Cafeteria Conference Room	Friday	9:00 am – 12:00 pm	April 20, 2012
Wetaskiwin Hospital – Cafeteria Conference Room	Friday	9:00 am – 12:00 pm	June 1, 2012

Insulin Start OR Insulin Adjustment – Beginner

Class Information and Objectives

Two x 2½ hour sessions & One x 30 minutes.
In these three sessions you will learn about:

- Insulin assessment related to:
 - Why do I need to take insulin?
 - Insulin action, onset, peak and duration
 - Injection technique, site rotation, insulin storage & sharps disposal
- A1C & Daily Blood Glucose Targets
- Rules for Safe Insulin Adjustment & Management
- Nutrition & Carbohydrate Counting
- Hypoglycemia - Prevention, Signs, Symptoms & Treatment

Who is the class for?
Insulin Start:

- ✓ Anyone with diabetes who is new to insulin

Insulin Adjustment Beginning:

- ✓ Anyone with diabetes who currently uses insulin or who is switching to new insulin and needs to learn about insulin adjustment

Appointments are scheduled 2 weeks apart
Call for dates for part 2 & 3

Place	Day	Time	Date
Drayton Valley Hospital – Pembina Room	Thursday	9:00 am – 11:30 am	April 12, 2012
Drayton Valley Hospital – Pembina Room	Thursday	9:00 am – 11:30 am	April 26, 2012
Drayton Valley Hospital – Pembina Room	Thursday	9:00 am – 11:30 am	May 10, 2012
Drayton Valley Hospital – Pembina Room	Thursday	9:00 am – 11:30 am	May 24, 2012
Drayton Valley Hospital – Pembina Room	Thursday	9:00 am – 11:30 am	June 14, 2012
Drayton Valley Hospital – Pembina Room	Thursday	9:00 am – 11:30 am	June 28, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Tuesday	9:00 am – 11:30 am	April 3, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Monday	1:30 pm – 4:00 pm	April 9, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Tuesday	9:00 am – 11:30 am	April 17, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Monday	1:30 pm – 4:00 pm	April 23, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Tuesday	9:00 am – 11:30 am	May 1, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Tuesday	9:00 am – 11:30 am	May 8, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Monday	1:30 pm – 4:00 pm	May 14, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Monday	1:30 pm – 4:00 pm	May 28, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Tuesday	9:00 am – 11:30 am	June 5, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Monday	1:30 pm – 4:00 pm	June 11, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Tuesday	9:00 am – 11:30 am	June 19, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Monday	1:30 pm – 4:00 pm	June 25, 2012

Insulin Start or Insulin Adjustment (cont...)

Place	Day	Time	Date
Wetaskiwin CHC – Dorothy French Room	Thursday	1:30 pm – 4:00 pm	April 12, 2012
Wetaskiwin CHC – Dorothy French Room	Thursday	1:30 pm – 4:00 pm	April 26, 2012
Wetaskiwin CHC – Dorothy French Room	Thursday	1:30 pm – 4:00 pm	May 10, 2012
Wetaskiwin CHC – Dorothy French Room	Thursday	1:30 pm – 4:00 pm	May 24, 2012
Wetaskiwin CHC – Dorothy French Room	Thursday	1:30 pm – 4:00 pm	June 14, 2012
Wetaskiwin CHC – Dorothy French Room	Thursday	1:30 pm – 4:00 pm	June 28, 2012

Insulin Pump Information Session

Class Information and Objectives

One x 2½ hr session. In this session you will learn about:

- The types of insulin pumps available
- Insulin pump buttons and features
- Who can pump insulin
- Whether you are ready to pump insulin
- Myths about insulin pump therapy
- Insulin pump insertion
- Carbohydrate counting for successful pumping

Who is the class for?

- ✓ Anyone who uses insulin to manage his or her diabetes and is considering using insulin pump therapy

**Available through the Red Deer 49th St CHC
Diabetes Education Centre**

Please call 1-877-314-6997 or 1-403-314-6997 to book

Place	Day	Time	Date
Red Deer 49 th St CHC – Diabetes Education Centre	Thursday	6:00 pm – 8:30 pm	April 19, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Thursday	6:00 pm – 8:30 pm	May 17, 2012
Red Deer 49 th St CHC – Diabetes Education Centre	Thursday	6:00 pm – 8:30 pm	June 21, 2012

Insulin Pump Starts

Class Information and Objectives

3 x 2½ hr sessions. In these sessions you will learn about:

- Insulin pump buttons and features
- Getting ready to pump & insertion of insulin pump set
- Carbohydrate counting for successful pumping
- Saline Trial and Go Live

Who is the class for?

- ✓ Anyone who is starting on an insulin pump
- ✓ Anyone who uses an insulin pump and requires an update on insulin pump therapy

**Available through the Red Deer 49th St CHC
Diabetes Education Centre**

Please call 1-877-314-6997 or 1-403-314-6997 to book

Lifestyle Education

Class Information and Objectives (Four x 1 hr sessions)
Lifestyle 1 – Healthy Eating

- Practical Tips for Eating Healthy
- Basic Label Reading

Lifestyle 2 – Active Living

- Exercise Myths & Facts
- Benefits of Exercise
- Exercising Safely with a Chronic Condition

Lifestyle 3 – Health from Head to Toe

- Tobacco Cessation Oral Eye, Ear Foot Health
- Personal Directives • Sleep, Stress & Depression

Lifestyle 4 – Self-Management & Goal Setting

- Benefits/Importance of Self-Management
- Goal Setting Skills

Who is the class for?

- ✓ Anyone wanting to learn more about healthy lifestyle choices to improve their health or manage a chronic disease

NOTE: This program is offered in a variety of formats throughout the zone. Please see details below, or call for more information.

Lifestyle Education

Place	Day	Time	Date
Breton Health Centre – Conference Room • Lifestyles 1, 2, 3, & 4	Tuesday	10:00 am – 3:00 pm	April 17, 2012
Drayton Valley Hospital – Pembina Room • Lifestyles 1, 2, 3, & 4	Tuesday	10:00 am – 3:00 pm	May 8, 2012
Drumheller –Everybody’s Gym • Lifestyles #1	Wednesday	11:30 am – 12:30 pm	March 28, 2012
• Lifestyles #3	Wednesday	11:30 am – 12:30 pm	April 11, 2012
Drumheller – Badlands Community Facility • Lifestyles #4	Wednesday	11:30 am – 12:30 pm	April 18, 2012
Red Deer – Bethany Collegese Education Room • Lifestyles #1	Wednesday	12:00 am – 1:00 pm	March 21, 2012
• Lifestyles #3	Wednesday	12:00 am – 1:00 pm	March 28, 2012
• Lifestyles #4	Wednesday	12:00 am – 1:00 pm	April 4, 2012
Rimbey – Senior’s Centre • Lifestyles 1, 2, 3, & 4	Friday	10:00 am – 3:00 pm	May 25, 2012
Stettler – Recreation Centre (Arena) • Lifestyle #1	Wednesday	2:30 pm – 3:30 pm	April 4, 2012
Stettler – Performance Health & Fitness Centre • Lifestyle #4	Wednesday	2:30 pm – 3:30 pm	April 18, 2012
• Lifestyle #3	Wednesday	2:30 pm – 3:30 pm	April 25, 2012
Sylvan Lake – Community Health Centre Conference Rm • Lifestyle #1 & 3	Wednesday	9:00 am – 12:00 pm	April 18, 2012

Respiratory Education
Class Information and Objectives

In these sessions, you will learn:

- What is Chronic Obstructive Pulmonary Disease (COPD)?
- Factors that can make your symptoms worse
- Helpful breathing tips
- Review of Common Respiratory Medications

Who is the class for?

- ✓ People diagnosed with COPD (Chronic Obstructive Pulmonary Disease)

Note: Respiratory Education is offered in collaboration with AHS respiratory therapy.

Place	Day	Time	Date
Drumheller – Badlands Community Facility	Wednesday	11:30 am – 12:30 pm	April 25, & May 2, 2012
Red Deer – Bethany Collegese Education Room (#2)	Wednesday	12:00 pm – 1:00 pm	April 11, 18, & 25, 2012
Red Deer – Bethany Collegese Education Room (#1)	Wednesday	12:00 pm – 1:00 pm	June 6, 13 & 20, 2012
Stettler – Recreation Centre (Arena)	Wednesday	2:30 pm – 3:30 pm	April 11 & May 2*, 2012

*Note: May 2 class is at Stettler Performance Health & Fitness

Supervised Exercise Information Session
Program Information and Objectives

In this one hour session you will:

- Learn details and expectations about the 8 week supervised exercise program

Who is the class for?

- ✓ This class is for any one interested in participating in the supervised exercise program.

Supervised Exercise Information Session

Place	Day	Time	Date
Olds – Health & Wellness Centre	Tuesday	1:30 pm – 2:30 pm	April 24, 2012
Red Deer – Bethany Collegese Education Room	Tuesday	1:00 pm – 2:00 pm	April 10, 2012

Supervised Exercise Information Session(con't)

Place	Day	Time	Date
Red Deer – Bethany Collegese Education Room	Tuesday	2:00 pm – 3:00 pm	April 10, 2012
Red Deer – Bethany Collegese Education Room	Wednesday	1:00 pm – 2:00 pm	May 16, 2012
Red Deer – Bethany Collegese Education Room	Wednesday	9:00 am – 10:00 am	June 27, 2012
Wetaskiwin – Good Shepherd Centre Lower Level	Tuesday	10:00 am – 11:00 am	April 24, 2012

Supervised Exercise Program

Program Information and Objectives

In this program you will:

- Receive a one on one assessment
- Develop an exercise program that works for you
- Participate in 8 weeks of supervised exercise
- Develop plans to continue exercise on completion of the program

This program consists of:

- Individual 1 hour assessment (scheduled 1-2 weeks prior to start of exercise sessions)
- 5 hour orientation and Lifestyles education (Day 1 of exercise – starting May 28 sessions)
- 8 week supervised exercise (three days/week, 1 – 1½ hr/session).

2 – 2 ½ hr Maintenance Planning session end of exercise program.

Who is the class for?

- ✓ Anyone with one or more chronic conditions that is interested in learning how to exercise safely and to make the lifestyle change of regular physical activity

Place	Day	Time	Date
Drumheller			
• Everybody's Gym (exercise sessions)	Mon, Wed & Thurs	10:00 am – 11:30 am	March 19 – April 12, 2012
• Badlands Community Facility (exercise sessions)	Mon, Wed & Thurs	10:00 am – 11:30 am	April 16-May 10, 2012
Drumheller Hospital Conference Room			
• Maintenance Planning	Thursday	10:00 am – 12:30 pm	May 24, 2012
Olds – Health & Wellness Centre			
• Orientation & Lifestyles education	Monday	10:00 am – 3:00 pm	May 28, 2012
• Exercise Sessions	Mon, Wed & Thurs	2:00 pm – 3:30 pm	May 31 – July 19, 2012
• Maintenance Planning	Tuesday	10:00 am – 12:30 pm	July 24, 2012
Red Deer – Bethany Collegese Dance Studio	Mon & Wed & Thursdays	10:30 am – 12:00 pm	March 19 – May 10, 2012
Red Deer – Bethany Collegese Dance Studio	Mon & Wed & Thursdays	1:00 pm – 2:30 pm	March 19 – May 10, 2012
Red Deer – Bethany Collegese Dance Studio			
• Orientation & Lifestyles education	Monday	10:00 am – 3:00 pm	May 28, 2012
• Exercise sessions	Mon, Wed & Thurs	10:30 am – 12:00 pm	May 31 – July 19, 2012
• Exercise sessions	Mon, Wed & Thurs	1:00 pm – 2:30 pm	May 31 – July 19, 2012
• Maintenance Planning	Thursday	10:30 am – 12:30 pm	July 12, 2012
Stettler			
• Stettler Recreation Centre (Arena) (exercise)	Mon, Wed & Thurs	1:00 pm – 2:30 pm	March 19 – April 12, 2012
• Performance Health & Fitness Centre (exercise)	Mon, Wed & Thurs	1:00 pm – 2:30 pm	April 16-May 10, 2012
Stettler Hospital Conference Room			
• Maintenance Planning	Thursday	10:00 am – 12:30 pm	May 17, 2012
Wetaskiwin - Good Shepherd Lower Level			
• Orientation & Lifestyles education	Monday	9:30 am – 3:00 pm	May 28, 2012
Wetaskiwin – Bodywerks (exercise sessions)	Mon, Wed & Thurs		May 31- July 19, 2012
Wetaskiwin - Good Shepherd Lower Level			
• Maintenance Planning	Monday	10:00 am – 12:30 pm	July 23, 2012

Weight Wise Group Education Workshops

Program Information

Weight Wise Workshops are 2.5 hrs in length, interactive and provide weight management strategies in the areas of goal setting, eating habits and patterns, stress, emotional eating and physical activity. Workshops can be taken in any order depending on individual's interest and schedule.

Who is the class for?

- ✓ Anyone interested in learning effective and safe strategies to manage a healthy weight.



For additional information and to register in workshops near you, please call:

- Central Intake 1.877.314.6997
- Camrose & area – 780.608.8683
- Vegreville & area – 780.603.4455

Getting Started: Planning for Success

- Learn about obesity – definition, causes and treatment options including Bariatric surgery
- Learn about how obesity impacts your life and health
- Learn ways to record what you eat, how active you are and how you are feeling emotionally

Nutrition: Finding Balance: The Role of Calories in Weight Management

- Learn about the top 5 ways to lower calories and practice strategies in class

Managing Hunger and Appetite

- Explore the difference between hunger and appetite
- Practice techniques to manage appetite triggers and social pressures.

Moving Matters: Including Physical Activity in Your Day

- Explore the benefits and barriers to being more active.
- Receive tips on how to get more physically active.
- Set your own personal activity goals.

Nutrition: I Know I Should Eat Healthy, But How?

- Leave with tips on how to put your nutrition knowledge into practice.
- Explore the 4 P's: Plan, Purchase, Prepare and Pack.

Nutrition: The Truth about What Works in Weight Management

- Evaluate what you are eating and learn strategies that can help lower your calories:
- Explore how meal patterns, food choices and portion size affect calorie intake.
- Learn about which foods can help you manage your weight.

Nutrition: Eating Away From Home and During Special Occasions

- Learn how buffets, parties, vacation and holiday eating can affect calorie intake.
- Leave with strategies to minimize extra calories when eating away from home & during special occasions.

Minding Stress: Effectively Reduce and Manage the Stress in Your Life *(two consecutive sessions)*

- Discover the hidden costs of stress; explore what causes you stress and what you can do about it
- Opportunity to learn about and experience effective stress-management techniques.
- Uncover the world of Mindful Eating.