

Fall 2011 & Winter 2012

October 2011 – March 2012



Living Well with a Chronic Condition

Education Classes

Disease-specific and general topics are offered in different formats and for different lengths of time. The free and interactive classes are led by healthcare professionals or trained volunteers. Many classes are also offered in Cantonese, Punjabi, Spanish and Tagalog.

Exercise Classes

Exercises are taught and monitored by healthcare professionals so that people of all abilities and limitations, but are able to walk, can exercise safely. The eight-week program costs \$80. Subsidies are available for those who qualify.

Self-Management Workshop (Better Choices, Better Health™)

People with any chronic condition take part in a 6-week workshop. They share ideas and learn the skills they need to live successfully with their conditions. The free workshops are led by trained leaders. Workshops are also offered in Cantonese and Punjabi.

Partners, support persons and/or caregivers may attend all classes.



For Information and to Register Call: 403-9-HEALTH (403-943-2584)

For Cantonese and Mandarin Call: 403-955-6857

For Hindi and Punjabi Call: 403-955-6856

For Spanish Call: 403-955-9248

www.albertahealthservices.ca/livingwellcalgary.asp

Education Class Topics:

Arthritis 101	My Path to a Smoke-Free Future
Celiac Disease – Going Gluten-Free	Osteoporosis – Bone Up on Exercise
Cholesterol and Blood Pressure Essentials	Osteoporosis and Bone Health
Chronic Kidney Disease Health Essentials	Pain Self-Management
COPD – Breathing Matters	Parkinson’s Medication Information
Diabetes Essentials	Parkinson’s Planning for the Future
Eat Well for Good Health	Parkinson’s Social Interaction, Memory and Concentration
Explaining Pain	Parkinson’s Speech and Swallowing Disorders
Fibromyalgia: Facts and Function	Pre-Diabetes – Reducing Your Risk
Food and Mood	Ready, Set, Move!
Hoping and Coping: Ways to Grow Your Own Hope	Setting Goals and Staying Motivated
Intimacy and Healthy Relationships NEW!	Smart Moves (Chronic Pain)
Introduction to Insulin Pump	Steady on your Feet
Kidney Basics 101	Stroke 101
Living Well with Stress	Vitamins, Minerals and Herbs
Living with Stroke	Waking Up to Healthy Sleep

Arthritis 101

One 2-hour interactive workshop

- Includes multimedia presentation and interactive workbook
- Features a hands-on approach which focuses on the ABC’s of arthritis:
Arthritis information, How to **Be** a self-manager, **Community** connections

Who is the class for?

People newly diagnosed with arthritis or looking for more information about the disease

Workshops are led by trained volunteer leaders who have arthritis

East Calgary Health Centre

South Calgary Health Centre

Vecova (formerly known as the VRRRI)

Celiac Disease – Going Gluten-Free

One 3-hour session

In this session you will learn:

- What is celiac disease
- Healthy eating on a gluten-free diet
- Where to buy gluten-free food, eating out gluten-free and label reading

Who is the class for?

People diagnosed with celiac disease or dermatitis herpetiformis and their support persons

Sheldon M. Chumir Health Centre

South Calgary Health Centre

Vecova (formerly known as the VRRRI)

Cholesterol and Blood Pressure Essentials

One 2 to 3-hour session

In this session you will learn:

- What are cholesterol, triglycerides and blood pressure
- Why is high blood pressure risky
- How to improve your cholesterol, triglycerides, and blood pressure through lifestyle changes and by using healthy eating tips
- How to determine your risk for heart disease

Please bring \$5.00 (exact change) for Lifestyles book.

Who is the class for?

People with high blood pressure (blood pressure above 140/90, or above 130/80 for people with diabetes) or those who have been told they have high LDL cholesterol (also know as “bad” cholesterol), dyslipidemia, or high triglycerides

Airdrie – Genesis Place

East Calgary Health Centre

Renfrew Aquatic and Recreation Centre

Calgary Foothills Primary Care Centre

East Calgary Health Centre (*Punjabi*)

Richmond Road Diagnostic & Treatment Centre

Chinese Elderly Citizens’ Assoc. (*Cantonese*)

East Calgary Health Centre (*Spanish*)

South Calgary Health Centre

Cochrane Community Health Centre

East Calgary Health Centre (*Tagalog*)

Wing Kei Care Centre (*Cantonese*)

Didsbury District Health Services

Philippine Cultural Centre Foundation (*Tagalog*)

Chronic Kidney Disease Health Essentials

One 2.5-hour interactive session

In this session you will learn about:

- The 5 stages of chronic kidney disease
- Treatment modality for kidney disease
- Tips for self-management and preservation of residual kidney function

Who is the class for?

People who have had their initial visit with a Kidney Doctor (Nephrologist)

Chinese Elderly Citizens’ Assoc. (*Cantonese*)

East Calgary Health Centre

South Calgary Health Centre

<p>COPD – Breathing Matters</p> <p>Two to four 1 to 1.5-hour sessions In these sessions you will learn:</p> <ul style="list-style-type: none"> • What is COPD (Chronic Obstructive Pulmonary Disease) • Information about lung medications and inhalers • Helpful breathing tips • How to recognize when your breathing gets worse and what to do about it 	<p>Who is the class for?</p> <p>People diagnosed with COPD</p>
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Airdrie – Genesis Place	East Calgary Health Centre	Shawnessy YMCA
Calgary Jewish Community Centre	Okotoks – Foothills Centennial Centre	Vecova (formerly known as the VRRRI)

<p>Diabetes Essentials</p> <p>5 to 8 hours of instruction offered as one full day or two half days In these sessions you will learn:</p> <ul style="list-style-type: none"> • What is diabetes • How to eat healthy with diabetes • Ways to lower your blood sugar • What your lab tests mean <p>Please bring \$5.00 (exact change) for Type 2 Diabetes book.</p>	<p>Who is the class for?</p> <p>People diagnosed with type 2 diabetes who have not been to diabetes classes before, or who would like a review of current diabetes information</p>
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Airdrie – Genesis Place	Didsbury District Health Services	Philippine Cultural Centre Foundation (<i>Tagalog</i>)
Calgary Foothills Primary Care Centre	East Calgary Health Centre	Renfrew Aquatic and Recreation Centre
Chinese Elderly Citizens' Assoc. (<i>Cantonese</i>)	East Calgary Health Centre (<i>Punjabi</i>)	Richmond Road Diagnostic & Treatment Centre
Cochrane Community Health Centre	East Calgary Health Centre (<i>Spanish</i>)	South Calgary Health Centre
Dashmesh Culture Senior Society (<i>Punjabi</i>)	East Calgary Health Centre (<i>Tagalog</i>)	Talisman Centre

<p>Eat Well for Good Health</p> <p>Two 1 to 2-hour sessions In these sessions you will learn about:</p> <ul style="list-style-type: none"> • Healthy eating and how you measure up • The facts on fat, fibre and sodium • The mystery of reading labels 	<p>Who is the class for?</p> <p>People wanting to learn more about good nutrition to improve their health or manage a chronic condition</p>
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Airdrie – Genesis Place	Crowfoot YMCA	South Calgary Health Centre
Calgary Jewish Community Centre	Didsbury District Health Services	Strathmore – Municipal Library
Cardel Place	East Calgary Health Centre	Vecova (formerly known as the VRRRI)
Chinese Elderly Citizens' Assoc. (<i>Cantonese</i>)	Renfrew Aquatic and Recreation Centre	
Cochrane Community Health Centre	Sheldon M. Chumir Health Centre	

<p>Explaining Pain</p> <p>One 4-hour session or two 2-hour sessions In these sessions you will learn:</p> <ul style="list-style-type: none"> • The mechanisms that create pain • How pain affects the nervous system • Why pain persists • Strategies that help nervous system windup 	<p>Who is the class for?</p> <p>People diagnosed with chronic pain</p>
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Chinese Elderly Citizens' Assoc. (<i>Cantonese</i>)	East Calgary Health Centre	Wing Kei Care Centre (<i>Cantonese</i>)
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<p>Fibromyalgia: Facts and Function</p> <p>One 2-hour session In this session you will learn:</p> <ul style="list-style-type: none"> • What fibromyalgia is and how to explain it to family and friends • A general overview of treatments available • The importance of exercise in the management of fibromyalgia • How to maintain and enhance your function when living with fibromyalgia 	<p>Who is the class for?</p> <p>People with fibromyalgia or those interested in learning more about it</p>
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East Calgary Health Centre	South Calgary Health Centre	Vecova (formerly known as the VRRRI)
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<p>Food and Mood</p> <p>Two 2-hour sessions This interactive program will:</p> <ul style="list-style-type: none"> • Explore factors that may affect your eating habits • Help you better understand why you eat the way you do • Introduce practical strategies that can lead to a healthier relationship with food and improve your well-being 	<p>Who is the class for?</p> <p>People wanting to improve their relationship with food</p>
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Cardel Place	East Calgary Health Centre	Sheldon M. Chumir Health Centre
Cochrane Community Health Centre	Richmond Road Diagnostic & Treatment Centre	South Calgary Health Centre

<p>Hoping and Coping: Ways to Grow Your Own Hope</p> <p>Four 2.5-hour sessions Research shows that a hopeful attitude and the use of hope strategies can improve quality of life and positively impact health. This workshop explores the importance of hope in coping with a chronic condition. Participants will reflect and build on their own experience of hope and resiliency. Come learn ways to nurture your hope in order to better manage life's challenges.</p>	<p>Who is the class for?</p> <p>People with chronic conditions and their family members</p>
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East Calgary Health Centre

South Calgary Health Centre

Vecova (formerly known as the VRRI)

<p>Intimacy and Healthy Relationships</p> <p>One 2-hour session In this session you will learn:</p> <ul style="list-style-type: none"> • About the importance of healthy sexuality for your well-being • How relationships grow and change over time • How relationships and sexuality can be impacted by a chronic condition • Tips and strategies for intimacy and healthy relationships 	<p>Who is the class for?</p> <p>People with chronic conditions who want to learn more about healthy sexuality, intimacy and relationships</p> <p style="text-align: right;">NEW!</p>
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East Calgary Health Centre

South Calgary Health Centre

<p>Introduction to Insulin Pump</p> <p>One 2-hour session In this session you will learn:</p> <ul style="list-style-type: none"> • Information about pump therapy • How it differs from regular therapy • Who is a good pump candidate • Skills required for pumping • What insulin pumps are available in Canada 	<p>Who is the class for?</p> <p>People with diabetes not on an insulin pump and those considering insulin pump therapy</p>
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Richmond Road Diagnostic & Treatment Centre

<p>Kidney Basics 101</p> <p>One 2-hour interactive workshop In this session you will learn:</p> <ul style="list-style-type: none"> • Basic anatomy and function of kidneys • Strategies for self-management to assist you to keep your kidneys as healthy as possible 	<p>Who is the class for?</p> <p>People wanting to take control of their kidney health</p>
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Chinese Elderly Citizens' Assoc. (*Cantonese*)

East Calgary Health Centre

Wing Kei Care Centre (*Cantonese*)

Crowfoot YMCA

South Calgary Health Centre

<p>Living Well with Stress</p> <p>Two 2.5-hour sessions In these sessions you will:</p> <ul style="list-style-type: none"> • Learn the sources and signs of stress • Explore healthy ways to cope with and manage stress • Develop a personal plan to address the stress in your own life 	<p>Who is the class for?</p> <p>People with a chronic condition wanting to learn more about living well with stress</p>
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East Calgary Health Centre

South Calgary Health Centre

Vecova (formerly known as the VRRI)

<p>Living with Stroke</p> <p>Six 2-hour sessions</p> <ul style="list-style-type: none"> • Program includes videos, activities and discussions to learn more about dealing with stroke and its effects • Your caregiver, a family member or a friend should attend the program with you 	<p>Who is the class for?</p> <p>People who have had a stroke or TIA</p>
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East Calgary Health Centre

<p>My Path to a Smoke-Free Future</p> <p>Two or three 1 to 1.5-hour sessions In these sessions you will learn:</p> <ul style="list-style-type: none"> • Facts and myths about quitting • About tools and medications to help you quit • How to handle difficult situations • How to stay smoke-free 	<p>Who is the class for?</p> <p>People who would like information about quitting smoking</p> <p>Note: It is not a requirement that you quit smoking to attend these sessions. Please come and get information on quitting.</p>
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East Calgary Health Centre

Okotoks Health and Wellness Centre

Vecova (formerly known as the VRRI)

High River – Annex

South Calgary Health Centre

Vulcan Community Health Centre

<p>Ready, Set, Move!</p> <p>One 1 to 1.5-hour session In this session you will learn:</p> <ul style="list-style-type: none"> • How to prepare a basic exercise program and how to adapt it to suit your changing needs and abilities • About exercise session components, basic exercise program design, proper progression, risks and benefits of exercise 	<p>Who is the class for?</p> <p>People with a chronic condition looking to design their first exercise program, or trying to add more direction and purpose to an existing program</p>
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Airdrie – Genesis Place	Crowfoot YMCA	Shawnessy YMCA
Calgary Jewish Community Centre	East Calgary Health Centre	Strathmore – Municipal Library
Chinese Elderly Citizens' Assoc. (<i>Cantonese</i>)	Okotoks – Foothills Centennial Centre	Vecova (formerly known as the VRRRI)
Cochrane Community Health Centre	Renfrew Aquatic and Recreation Centre	Vulcan Community Health Centre

<p>Setting Goals and Staying Motivated</p> <p>One 1 to 1.5-hour session In this session you will learn:</p> <ul style="list-style-type: none"> • The fundamentals of goal setting and how to apply them to your specific needs and abilities • Tips on how to stay positive and motivated while you work towards accomplishing your goals 	<p>Who is the class for?</p> <p>People with a chronic condition wanting to learn about goal setting and take their first step towards a healthier and more active lifestyle</p>
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Airdrie – Genesis Place	East Calgary Health Centre	Strathmore – Municipal Library
Calgary Jewish Community Centre	Okotoks – Foothills Centennial Centre	Vecova (formerly known as the VRRRI)
Cochrane Community Health Centre	Renfrew Aquatic and Recreation Centre	Vulcan Community Health Centre
Crowfoot YMCA	Shawnessy YMCA	

<p>Smart Moves</p> <p>Four 2-hour sessions The goals of these sessions are to:</p> <ul style="list-style-type: none"> • Help you achieve your activity goal and schedule activities appropriately • Establish and increase activity tolerance • Analyze and modify activities • Address posture and positioning during activities • Address basic nutrition principles and needs 	<p>Who is the class for?</p> <p>People diagnosed with chronic pain</p>
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South Calgary Health Centre		
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<p>Steady on your Feet</p> <p>Two 1.5-hour sessions or three 1-hour sessions In these sessions you will learn information about falls risk and how to decrease your chance of falling.</p>	<p>Who is the class for?</p> <p>People interested in learning about preventing falls</p>
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East Calgary Health Centre	Okotoks – Foothills Centennial Centre	Vecova (formerly known as the VRRRI)
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<p>Stroke 101</p> <p>One 2-hour interactive session In this session you will learn:</p> <ul style="list-style-type: none"> • How to recognize and respond to stroke and TIA (Transient Ischemic Attack) • If you have risk factors for stroke and how to reduce your risk 	<p>Who is the class for?</p> <p>People wanting information on how to prevent stroke and TIA (Transient Ischemic Attack) and what to do if someone you know is having a stroke</p>
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Crowfoot YMCA	East Calgary Health Centre	
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<p>Vitamins, Minerals and Herbs</p> <p>One 2 to 3-hour session In this session you will learn about:</p> <ul style="list-style-type: none"> • The known effects of vitamins, minerals and herbs on health, based on scientific evidence specific to diabetes, hypertension and cholesterol • Possible health benefits, drug interactions and risks 	<p>Who is the class for?</p> <p>People interested in learning more about vitamins, minerals and herbs</p>
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Chinese Elderly Citizens' Assoc. (<i>Cantonese</i>)	Richmond Road Diagnostic & Treatment Centre	
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<p>Waking Up to Healthy Sleep</p> <p>One 1.5-hour session In this session you will learn:</p> <ul style="list-style-type: none"> • Education on normal sleep and some factors that can interfere with sleep • How to develop healthy sleep behaviours and eliminate sleep-incompatible behaviours • Practical strategies to help improve your sleep 	<p>Who is the class for?</p> <p>People who are having difficulty falling and/or staying asleep</p>
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Calgary Jewish Community Centre	Okotoks – Foothills Centennial Centre	Vecova (formerly known as the VRRRI)
East Calgary Health Centre	South Calgary Health Centre	

Self-Management Workshop (Better Choices, Better Health™) (formerly called *Row Your Own Boat*)

Help Yourself! Learn what you can do to take control of your chronic condition.

Six 2.5-hour sessions

- Learn and practice skills, such as problem solving and goal setting, needed to manage the day-to-day challenges of living with a chronic condition
- Learn and practice ways to manage symptoms, reduce fatigue and feel better
- Workshops are led by trained leaders who also have a chronic health condition

Who is this workshop for?

People with a chronic condition who want to gain confidence and learn skills to better manage their health. Support persons may also attend.

Locations:

Airdrie – Genesis Place	East Calgary Health Centre
Black Diamond – Oilfields Hospital	High River – Annex
Calgary Jewish Community Centre	Sheldon M. Chumir Health Centre
Chinese Elderly Citizens' Assoc. (<i>Cantonese</i>)	South Calgary Health Centre
Cochrane Community Health Centre	Vecova (formerly known as the VRRRI)

Addresses for Locations:

Airdrie – Genesis Place	800 East Lake Boulevard N.E., Airdrie
Black Diamond – Oilfields Hospital	717 Government Road, Black Diamond
Calgary Chinese Elderly Citizens' Association (<i>Cantonese</i>)	111 Riverfront Avenue S.W.
Calgary Foothills Primary Care Centre	#201, 60 Crowfoot Crescent N.W.
Calgary Jewish Community Centre	1607 – 90th Avenue S.W.
Cardel Place	11950 Country Village Link N.E.
Cochrane Community Health Centre	60 Grande Boulevard, Cochrane
Crowfoot YMCA	8100 John Laurie Boulevard N.W.
Dashmesh Culture Senior Society (<i>Punjabi</i>)	61 Martindale Drive N.E. (no wheelchair access)
Didsbury District Health Services	1210 – 20th Avenue, Didsbury
East Calgary Health Centre	4715 – 8th Avenue S.E.
High River – Annex	702 – 6th Street S.W., High River
Holy Cross Centre (Chronic Pain Centre 2)	#100, 2310 – 2nd Street S.W.
Okotoks – Foothills Centennial Centre	#4, 204 Community Way, Okotoks
Okotoks Health and Wellness Centre	11 Cimarron Common, Okotoks
Philippine Cultural Centre Foundation (<i>Tagalog</i>)	#206, 4656 Westwinds Drive N.E.
Renfrew Aquatic and Recreation Centre	810 – 13th Avenue N.E.
Richmond Road Diagnostic & Treatment Centre	1820 Richmond Road S.W.
Shawnessy YMCA	#400, 333 Shawville Boulevard S.E.
Sheldon M. Chumir Health Centre	1213 – 4th Street S.W.
South Calgary Health Centre	31 Sunpark Plaza S.E.
Strathmore – Municipal Library	85 Lakeside Boulevard, Strathmore
Talisman Centre	2225 Macleod Trail South
Vecova (formerly known as the VRRRI)	3304 – 33rd Street N.W.
Vulcan Community Health Centre	610 Elizabeth Street, Vulcan
Wing Kei Care Centre (<i>Cantonese</i>)	1212 Centre Street N.E.

Supervised Exercise Program

Exercise Classes:

- 1 to 1.5 hours of group exercise two to three times per week for eight weeks.
- We offer three different exercise classes for people who are able to walk.
- The cost of the program is \$80. Subsidies are available to those who qualify.

Step #1: Call and Register for the Exercise Orientation and Intake Session

In this 1.5-hour session you will receive information about the supervised exercise program. An appropriate exercise class and location will be selected based on your health information and screening. Orientation sessions are offered at the following locations:

- Acadia Recreation Complex (every second Monday or Wednesday at 12:30 pm and 2:00 pm)
240 – 90th Avenue S.E.
- East Calgary Health Centre (every second Tuesday at 9:00 am)
- Vecova (formerly known as the VRRRI) (every second Wednesday at 9:30 am and 11:00 am)

Step #2: Attend the Exercise Orientation and Intake Session

You will have a one-on-one discussion of your health history with a healthcare professional. An initial assessment at a selected exercise location may be booked. Payment for the exercise program will be processed at this point.

Step #3: Attend your assessment

You will have a 1 to 1.5-hour assessment by a healthcare professional prior to beginning exercise classes.

For Rural Locations: Call 403-943-2584 and Register for an assessment

Payment for the exercise program will be processed at this point.

Locations (Note: Not all exercise programs are offered at each location):

Northeast:

Cardel Place	11950 Country Village Link N.E.
Renfrew Aquatic and Recreation Centre	810 – 13th Avenue N.E.

Northwest:

Crowfoot YMCA	8100 John Laurie Boulevard N.W.
Vecova (formerly known as the VRRRI)	3304 – 33rd Street N.W.

Southeast:

East Calgary Health Centre	4715 – 8th Avenue S.E.
Shawnessy YMCA	#400, 333 Shawville Boulevard S.E.

Southwest:

Calgary Chinese Elderly Citizens' Association (<i>Cantonese</i>)	111 Riverfront Avenue S.W.
Calgary Jewish Community Centre	1607 – 90th Avenue S.W.

Rural:

Airdrie – Genesis Place	800 East Lake Boulevard N.E., Airdrie
Cochrane – Spray Lake Sawmills Family Sports Centre	800 Griffin Road East, Cochrane
Okotoks – Foothills Centennial Centre	#4, 204 Community Way, Okotoks
Strathmore – The Bank Athletic Club	137 – 2nd Avenue, Strathmore
Vulcan – Body Works	504 – 4th Avenue South, Vulcan

For Information and to Register Call: 403-9-HEALTH (403-943-2584)

For Cantonese and Mandarin Call: 403-955-6857

For Hindi and Punjabi Call: 403-955-6856

For Spanish Call: 403-955-9248

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(Program information applicable from October 2011 - March 2012 and subject to change)