



South Health Campus Wellness Centre

January –March 2020

Winter Program Guide

In This Issue:

Emotional Wellbeing	2-4
Family/Caregiver Support	5
Support Groups	5
Seniors	6
Health Management	
General	6-7
Cancer	7-8
Chronic Conditions	8
Food Nutrition and Cooking	9-11
General Cooking	11-12
Lifestyle Management	12-13
Employment	14
Parents and Parents to be	
Pregnancy	14-15
Early Childhood	15-16
Tween to Teen	16
Just for Kids and Youth!	17

Featured New Programs:

- Confront the Discomfort*
- Drum and Laugh Your Way to Wellness*
- The Many Languages of Stress*
- Hopes and Dreams*
- It's Time to Manage Your Stress!*
- Returning Home: How to Prepare for Transitioning After Hospitalization*
- Cooking with SHC Dietitians: Soups and Stews*
- Essentials of Wellness: Practical Basics of Cooking, Eating and Moving for Health*
- Healthy Cooking Basics and Techniques: Slow Cooked Comfort Daddies and Babies*

Find us at:

4448 Front Street SE | Calgary, AB

T3M 1M4 | 403-956-3939

Email: wellness.shc@ahs.ca

Web: www.ahs.ca/shcwelness

Mon - Fri 5:30 am - 9:00 pm

Weekends 7:00 am - 5:30 pm

Holidays 7:00 am - 5:30 pm

* Program areas close 30 minutes prior to facility closing time.

My Health and Wellness Program Guide Notes

Registered programs/classes I would like to attend:

Drop-in programs/classes I would like to attend:

Programs/classes recommended for me to attend:

Disclaimer

For any programs, events or activities listed which are not organized and provided exclusively by AHS or its staff, note that Alberta Health Services (AHS) is not involved in the operation or management of the Provider's services or business. The availability of the Provider's services or programs through the AHS SHC Wellness Centre should not be construed as an approval or endorsement by AHS. Although reasonable efforts were made by AHS to confirm the accuracy of any data, information or materials provided or shared in connection with the activities or sessions that form part of the Provider's services or programs (the "Materials"), AHS does not make any representation or warranty, express, implied or statutory as to the accuracy, reliability, completeness, applicability or suitability and fitness for a particular purpose of the Materials. The Materials are not a substitute for the assessment, advice and expertise of a qualified medical or health professional. AHS expressly disclaims all liability arising out of or in connection with the use of the Materials and for any claims, actions, demands or suits arising from such use. It is your responsibility to ensure that the Materials are used appropriately. The Materials should not be acted upon without seeking advice from your physician or other health care provider to determine whether the Materials or the activities or programs to which they relate are appropriate for you. AHS recommends that you visit and seek the advice of a qualified health care professional for individual and personal attention related to health and wellness matters and for answers to any questions regarding any medical condition.

Note: classes may be cancelled if minimum registration is not met.

Emotional Wellbeing

Drumming Up Wellness

Fridays 1:30pm-2:30pm	This rhythmical and joyful drumming circle is a spirited offering available to patients, families, and the community. Research supports the therapeutic community drum circle as an effective tool to lift your mood, decrease stress, boost your immune system response, and build community. No experience required!
Drop in – Free!	Program provider: Circles of Rhythm Trained Drum Facilitators, AHS
Confront the Discomfort New! 3 class series Begins Jan 6 6:00pm-8:00pm	Whether we like it or not, anxiety is a normal part of life. Anxiety can also get in the way of us enjoying life. In this course you will learn how to value, recognize, and react to important anxiety warning signs, and confront the discomfort in a positive and healthy way. Program provider: Canadian Mental Health Association – Calgary Region Register at: 403-297-1402 or www.recoverycollegecalgary.ca or in person at the Welcome Centre #105, 1040 7th Ave SW
Register – Free!	

Transform Your Stress: the Resilience Advantage (HeartMath®)

Jan 15 6:00pm-8:30pm Feb 14 9:30am-12:00pm Mar 11 6:00pm-8:30pm Register – Free!	Stress affects people physically, mentally and emotionally. In 2014, 23% of Canadians 15 and older perceived most of their days as stressful (Statistics Canada). This course introduces HeartMath's® system of breathing techniques and a heart rate variability tool that can help you manage life's challenges and stressors. Program provider: AHS Certified HeartMath® Instructors Register at: https://app.booking.ca/shcwelnesspub/index.asp or call 403-956-3939
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Drumming Up Wellness Special Edition: Drum and Laugh Your Way to Wellness *New!*

Jan 17 1:30pm-2:30pm	Join in for this special edition drumming up wellness where participants will incorporate laughter yoga as part of the drum circle! No experience required! Program provider: Circles of Rhythm Trained Drum Facilitators, AHS and Cheryl Ann Oberg, Alberta Children's Hospital Therapeutic Clown. Certified Laughter Yoga Teacher, Certified Humour Professional
Drop in – Free!	

Mindfulness Practice Sessions

Jan 20, Feb 24, or Mar 23 6:30pm-7:45pm	Mindfulness is a self-care approach that can help you deal with your stress by being more present in the moment. It's about building awareness and cultivating a different relationship with yourself, mind and body. Class dates and topics: Jan 20 – What is Mindfulness? Feb 24 – 7 Attitudes of Mindfulness, Mar 23 – Mindful Walking and Eating. Program provider: Charmaine Patterson, MSW, RSW Register at: https://app.booking.ca/showellnesspub/index.asp or call 403-956-3939
Register – Free!	

Transform Your Stress: the Resilience Advantage - Part 2 (HeartMath®)

Jan 22 6:00pm-7:30pm Feb 21 9:30am-11:00am Mar 18 6:00pm-7:30pm	This course builds on skills previously learned in a HeartMath® course. Explore how on-going use of HeartMath's® system of breathing techniques and tools can enhance decision-making, communication and personal resilience. <i>Prerequisite: participants must have taken a previous HeartMath® course.</i>
Register – Free!	Program provider: AHS Certified HeartMath® Instructors Register at: https://app.booking.ca/showellnesspub/index.asp or call 403-956-3939

Meditation

Jan 24, Feb 28 or Mar 27 6:00pm-6:45pm	Come learn about and try meditation. Begin with some light movement and breathing exercises before beginning to meditate and experience the enormous benefits of meditation! For more information please call Shripal Parikh at 403-805-4070.
Drop in – Free!	Program provider: IMeditate Calgary

Soul Connection *New!*

3 class series Begins Feb 4 2:00pm-4:00pm	What is the mind? Do we understand the importance of taking care of our soul? People often forget to take care of their mind and soul. This course will provide an understanding of how important it is to care for both; your mind and your soul. It will help you recognize that you may need to ask for support. This course is open to everyone and is also recommended for immigrants to Canada. Program provider: Canadian Mental Health Association – Calgary Region Register at: 403-297-1402 or www.recoverycollegecalgary.ca or in person at the Welcome Centre #105, 1040 7th Ave SW
Register – Free!	

The Many Languages of Stress *New!*

Feb 10 6:30pm-8:00pm	Think 'stress' and conjure negatives, whether used as a verb / stress — , noun <i>Stress is</i> — , adjective <i>A stressful</i> — , adverb <i>Stressing</i> — , and other catch-all expressions such as <i>I cannot stress this enough</i> , shortcut response <i>I'm stressed</i> , psychological diagnosis <i>Acute or chronic stress</i> , a physical condition <i>Stress fracture</i> , engineering procedure <i>Stress test</i> , and passive action <i>Stress about it</i> . What if you reframe stress as a positive force rather than a trigger for negative outcomes. What could the positive effects of stress look like? In this interactive workshop, you will explore those options.
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Register – Free!

Program provider: Wellspring Calgary and L. Deborah Sword, PhD

Register at: www.wellspringcalgary.ca or call 587-747-0260

Hopes and Dreams *New!*

3 class series Begins Mar 3 6:00pm-8:00pm	As much as we might want to, we can't tell the future! In this course you will have the space to explore your future possibilities. You will discover and act on realistic, positive, and healthy future goals.
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Register – Free!

Program provider: Canadian Mental Health Association – Calgary Region

Register at: 403-297-1402 or www.recoverycollegecalgary.ca or in person at the Welcome Centre #105, 1040 7th Ave SW

Grief Support

Mar 23 6:00pm-8:00pm	This session will provide strategies and support for individuals that are grieving a death related loss, and for those that support them. The presenter will address: <ul style="list-style-type: none"> • What grief/loss looks like and if what you're experiencing is normal • How grief impacts daily life and strategies that help • How to best help someone that is grieving a loss Volunteers from the Grief Support Program will also share their lived experience and what helped them through their own grief.
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Register – Free!

Program provider: AHS Grief Support Program

Register at: <https://app.booking.ca/shcwelnesspub/index.asp> or call 403-956-3939

It's Time to Manage Your Stress! *New!*

Mar 26 6:00pm-7:00pm	Did you know, you can decrease stress through everyday life including emotional, social, physical and even nutritional wellness? Learn ways you can manage daily/life stressors by living a more balanced lifestyle through wellness!
Register – Free!	Program provider: Canadian Mental Health Association – Calgary Region Register at: https://app.booking.ca/shcwelnesspub/index.asp or call 403-956-3939

Family/ Caregiver Support

Family Peer Support Group

Tuesdays 6:00pm-8:00pm	Designed and delivered by caregivers with lived experience of supporting a loved one with a mental health and/or addiction concern. Discussions include; coping strategies, resiliency, recovery, wellness, grief and loss. This group provides an opportunity for caregivers to connect with others in a similar situation, and begin or continue to create a natural support system to stay well in their own recovery journey. For more information please contact the Recovery College/Peer Support line at 403-297-1402 or peer@cmha.calgary.ab.ca .
Drop in – Free!	Program provider: Canadian Mental Health Association and AHS

Support Groups

Alcoholics Anonymous

Wednesdays 7:30pm-8:30pm	The primary purpose of AA is to stay sober and help other alcoholics by sharing experiences, strength and hope. For more information please visit www.calgaryaa.org .
Drop in – Free!	Program provider: Alcoholics Anonymous

Narcotics Anonymous

Thursdays Saturdays Sundays	NA members share recovery with others where drugs or other addictions have become a major problem. Members are recovering addicts who meet regularly to help each other stay clean. For more information please visit www.na.org . Thursdays: 8:00pm-9:00pm Saturdays: 7:00pm-8:00pm Sundays: 7:00pm-8:00pm
Drop in – Free!	Program provider: Narcotics Anonymous

Anorexics and Bulimics Anonymous

Sundays 9:00am-10:00am	A fellowship of individuals whose primary purpose is to find and maintain recovery in eating practices and to also help others gain recovery. ABA uses a Twelve-Step Program adapted from Alcoholics Anonymous to address the mental, emotional, and spiritual components of anorexia and bulimia disorders. For more information please visit http://aba12steps.org/ .
Drop in – Free!	Program provider: Anorexics and Bulimics Anonymous

SMART Recovery

Sundays 3:00pm-4:30pm	Based on the latest scientific research, SMART Recovery is a self-empowering addiction recovery support group where participants learn tools for addiction recovery. The SMART Recovery 4-Point Program helps people recover from all types of addiction and addictive behaviours. For more information please visit www.smartrecovery.ca .
Drop in – Free!	Program provider: SMART Recovery

Seniors

Aging in Place

Feb 26 6:00pm-7:30pm Register – Free! Mind Fit!	<p>“Aging in Place” means having access to various services and the health and social supports you need to live safely and independently in your home for as long as you wish or are able. Aging well involves being honest with yourself and having a plan. This session is designed to get you thinking about all 9 areas of life to consider when Aging in Place. Start now to draft a plan to age well. This workshop is for individuals planning their own futures and family members wanting to be proactive with their loved ones.</p> <p>Program provider: Jill Chambers – Financial Concierge Register at: https://www.eventbrite.com/e/aging-in-place-tickets-79618899271 call 403-472-6445</p>
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Mar 6 10:00am-11:30am Register – Free!	<p>Join us for a fun presentation which includes engaging group activities used in the Cognitive Therapeutics Method, a science-based cognitive stimulation program, as well as trivia, Name that Tune and logo identification!</p> <p>Program provider: Home Care Assistance Register at: calgaryinfo@homecareassistance.com or call 403-301-3777</p>
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Balancing Stress When Caring for an Aging Loved One

Mar 2 6:00pm-7:00pm Register – Free!	<p>Are you struggling to balance the responsibility of caring for an aging loved one with the demands of work and other family obligations? Are you looking for ways to get more support for your caregiving duties? Are you burnt out and overloaded, and feel that you are neglecting your own health and wellbeing? Learn how to identify the signs of poor work-life balance and discover strategies to re-gain balance. If guilt and resentment are feelings you are experiencing, this is a workshop you should attend.</p> <p>Program provider: Home Instead Senior Care Register at: 403-984-9225</p>
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Returning Home: How to Prepare for the Return Home After Hospitalization *New!*

Mar 27 10:00am-11:00am Register – Free!	<p>Transitional care from hospital to home can create stress and worry for everyone. This workshop will cover 7 essential areas that need to be discussed and planned for to prevent readmission to hospital.</p> <p>Program provider: Home Instead Senior Care Register at: 403-984-9225</p>
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Health Management – General

Getting Ahead of Your Headaches

Feb 3 6:30pm-8:00pm Register – Free!	<p>This introductory session will address the assessment and treatment of common headache conditions, diagnosis and medical treatment, non-medical treatments, and headache management resources.</p> <p>Program provider: AHS Calgary Headache Assessment and Management Program (CHAMP) Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-3939</p>
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Let's Talk About Menopause

Feb 3 6:00pm-7:30pm	This class is for anyone who wants to learn practical information and strategies about menopause. Discussions include signs, symptoms, challenges, and relationship changes. Above all, this session will give tools and ideas on how to manage health and well-being during this stage of life.
Register – Free!	Program provider: AHS Sexual and Reproductive Health Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-3939

Health Management – Cancer

Alberta Cancer and Exercise Program (ACE)

View registration website for dates and times	Are you currently undergoing or have completed cancer treatment? The ACE initiative aims to improve the quality of life for individuals living with cancer in Canada. You will participate in a variety of group exercise classes to help promote physical activity, improve your level of fitness and reduce stress. Learn to thrive with other cancer survivors in this fun and social program.
Register – Free!	Program provider: YMCA Calgary in partnership with the University of Calgary Participants must go through a pre-screening process prior to registration. Please call the University of Calgary Thrive Centre at 403-210-8482, email ace@ucalgary.ca or visit www.albertacancerexercise.com for details.

Alberta Cancer and Exercise Maintenance Program (ACE Maintenance)

View registration website for dates and times	Stick with the program! The ACE Maintenance Program is for individuals who have graduated from the ACE Program and wish to continue with their exercise regimen in a safe environment. The maintenance program will follow the same circuit style format as the ACE program, but without the study components. Individuals will be guided by a qualified instructor through aerobic, resistance, balance and flexibility exercises.
Register M – Free NM – \$	Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900

Yoga Thrive

View registration website for dates and times	Feed your mind, body and spirit with yoga. Yoga Thrive is a research-based, therapeutic yoga program for all cancer survivors (on or off treatment) and their support people. This gentle Hatha yoga program has been modified for cancer survivors, especially those who are experiencing stiffness, pain, stress or fatigue. Participants may experience significant benefits in overall mood, stress levels, physical strength and quality of life. Class sizes are kept small (maximum of 15) to ensure individual attention and safety. No previous yoga experience is necessary.
Register – \$	Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900

Food and Nutrition for Cancer Treatment Recovery for People with Eating Challenges (Demo)

<p>2 class series Feb 7 and Feb 21 11:00am-1:00pm</p> <p>Register- Free!</p>	<p>Are you faced with eating challenges; swallowing difficulty, taste changes, or dry mouth caused by your cancer treatment? Learn and share tips for regaining health through good nutrition with survivors like you. Caregivers are very much welcome. Week one is in the classroom and week two is a demonstration experience in the kitchen to learn new cooking techniques and taste healthy, delicious recipes. Please bring your appetite!</p> <p>Program provider: Wellspring Calgary Register at: www.wellspringcalgary.ca or call 587-747-0260</p>
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Health Management – Chronic Conditions

Stroke 101

<p>Feb 10 1:00pm-3:00pm</p> <p>Register – Free!</p>	<p>This class is for people wanting information on how to prevent stroke and TIA (Transient Ischemic Attacks) and what to do if someone you know is experiencing a stroke. Learn how to recognize and respond, identify risk factors, and learn how to reduce your risk.</p> <p>Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584</p>
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Parkinson's 101

<p>Feb 12 10:00am-12:00pm</p> <p>Register – Free!</p>	<p>This class is designed for people diagnosed with Parkinson's and their families. Learn about the disease, how symptoms are controlled, treatment options, and what resources are available in the community.</p> <p>Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584</p>
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Pacing for People with Chronic Pain

<p>Mar 11 2:00pm-4:00pm</p> <p>Register – Free!</p>	<p>Learn why pacing is important in managing chronic pain, the relationship between the level of pain you experience and the level of energy you have, the purpose of a flare-up plan, and more.</p> <p>Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584</p>
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Chronic Fatigue Syndrome (ME/CFS)

<p>Mar 31 1:00pm-3:00pm</p> <p>Register – Free!</p>	<p>This class is for anyone who wants to learn more about Myalgic Encephalomyelitis and Chronic Fatigue Syndrome (ME/CFS) and is also a good refresher for experienced patients. Topics will include the signs and symptoms of ME/CFS, effective strategies to manage common symptoms, how to keep hope alive and move forward, and where to find accurate information.</p> <p>Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584</p>
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Health Management – Food, Nutrition and Cooking

Eating Well for Good Health (Demo)

Jan 14 or Mar 10 12:00pm-4:00pm	This class is for anyone who wants to learn more about good nutrition to improve health or manage a chronic condition. Topics will include healthy eating and how you measure up, the facts on fat, fiber, and sodium, and the mystery of reading labels.
Register – Free!	Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584

Kidney Friendly Cooking Class (Demo)

Jan 15 2:00pm-3:30pm or Mar 12 10:30am-12:00pm	Learn how to prepare foods that are suitable for people with Chronic Kidney Disease. This is a demonstration cooking class, led by a Registered Dietitian of the Kidney Care South Program. This class is also suitable for patients on dialysis.
Register – Free!	Prerequisite: Must be a patient of Alberta Kidney Care South (formerly known as Southern Alberta Renal Program) or a support person of a patient of Alberta Kidney Care South. Program provider: Alberta Kidney Care South Register at: https://app.booking.ca/shcwelnesspub/index.asp or call 403-956-3939

The Truth About What Works in Weight Management

Jan 20 1:00pm-3:30pm or Mar 25 6:00pm-8:30pm	In this session you will evaluate what you are eating and develop strategies that can help lower your calorie intake. You will also learn how meal patterns, food choices, and portion size affect calorie intake, and about which foods can help you manage your weight.
Register – Free!	Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584

Mediterranean Style Eating for Health (Demo)

Jan 21, Feb 19 or Mar 19 12:00pm-1:30pm	Learn how to eat Mediterranean! The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for neurological health, cardiovascular health or general well-being. Come discover the great flavours and many health benefits! Prerequisite: For people who have <u>not</u> previously attended a Mediterranean Style Eating for Health class. <i>Heart Healthy Cooking and Living is now a part of this class.</i> Program provider: SHC Registered Dietitians Register at: https://app.booking.ca/shcwelnesspub/index.asp or call 403-956-1485 and ask for Debbi
Register – Free!	

Healthy Cooking Basics and Techniques: Slow Cooked Comfort (Hands-on) New!

Jan 28 6:00pm-8:00pm	Cozy up to some home cooked comfort! Learn how to maximize flavor from healthy, whole food ingredients while perfecting a number of simple “low and slow” cooking methods. Topics including: make ahead meals; ‘prep it & forget it’ weeknight solutions, and super simmering suppers will keep your kitchen cooking up comforting and healthy meals all winter long.
Register – Free!	Program provider: SHC Wellness Kitchen Registered Dietitian Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-3939

Cooking with SHC Dietitians: Soups and Stews (Hands-on) New!

Jan 29 11:00am-1:00pm	Learn how to prepare healthy and delicious soups and stews for those cold winter days!
Register – Free!	Program provider: SHC Registered Dietitians Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-3939

Top 5 Tips to Reduce Calories

Feb 3 1:00pm-3:30pm	This class is for anyone who wants to learn more about healthy nutrition to help manage their weight. Topics will include learning about calories, facts about managing your weight and the top five tips to reduce the calories in your diet.
Register – Free!	Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584

Eating Well When Fatigued (Demo)

Feb 6 12:00pm-1:30pm or Mar 31 11:00am-12:30pm	Do low levels of energy impact your ability to cook? Do you struggle with meal preparation because it is more challenging to use your hands? Is it difficult to plan for and prepare healthy meals? Intended for people with a neurological condition, this fun and interactive cooking class will teach you strategies to be successful in the kitchen and make healthier food choices. You will learn how to overcome barriers to cooking including fatigue and physical limitations. Everyone is welcome to attend however, priority will be given to patients of SHC Neurology Clinics and the FMC MS Clinic.
Register – Free!	Program provider: SHC Registered Dietitian and Occupational Therapist Register at: 403-956-1485 and ask for Debbi

Intuitive Eating – An Introduction

3 class series Begins Feb 13 6:30pm-8:30pm	Would you like to get off the diet treadmill and learn a new way to manage weight and health? Join an AHS Registered Dietitian for this supportive three class series to learn how to improve your relationship with food, and end the guilt, frustration and confusion! This class is for individuals 18+. Program provider: AHS Registered Dietitian Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-3939
Register – Free!	

Eating Away From Home and During Special Occasions

Mar 2 1:00pm-3:30pm	This class is for anyone who wants to learn more about nutrition to help them manage their weight. Topics will include how buffets, parties, vacations, and holiday eating can affect calorie intake, as well as strategies to minimize extra calories when eating away from home and during special occasions. Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584
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Managing Your Emotional Eating

3 class series begins Mar 4 1:00pm-3:30pm	This class is for people who would like to know more about emotional eating and what they can do to manage it. In this 3 part series you will: learn about what influences food choices, learn how to build awareness of your own emotional eating and build skills and tools to help with your emotional eating. Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584
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General Cooking

Canning and Preserving: Pressure Cooking (Hands-on) New!

Jan 12 9:30am-11:30am	Learn about pressure canning for low-acid foods in this hands on class that will demonstrate traditional canning methods. Participants will learn about the nutritional benefits of canning and prepare two canning recipes to take home and enjoy later on. You will take home the recipes and the knowledge to repeat the process. Don't worry, there will be sampling, too! Program provider: Poppy Innovations Register at: www.poppyinnovations.ca
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ATCO Blue Flame Kitchen (Demo) New!

Jan 16, Feb 20 or Mar 19 7:00pm-8:00pm	Jan 16 – Hawaiian Plate Lunch, Feb 20- French Brunch, Mar 19- Taste of Morocco Please ensure class location is South Health Campus (SHC). Program provider: ATCO Blue Flame Kitchen Register at: www.atcoblueflamekitchen.com or call 403-245-7630
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Canning and Preserving: Jams and Jellies (Hands-on) New!

Jan 19 9:30am-11:30am	Throwback to the taste of summer with jams, jellies and fruit preserves! Learn the fundamentals of traditional Hot Water Bath Canning with some not so traditional recipes! Participants will take home recipes and preserves to enjoy later. Program provider: Poppy Innovations Register at: www.poppyinnovations.ca
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Canning and Preserving: Perfectly Pickled (Hands-on)

Feb 8 9:00am-11:00am	Learn the history and fundamentals of canning with a modern twist on traditional recipes. In this hands-on class, participants will prepare two pickle recipes; one with traditional Hot Water Bath Canning and one with fermentation. You will take home the recipes and a jar of each recipe prepared in class!
Register – \$	Program provider: Poppy Innovations Register at: www.poppyinnovations.ca

Canning and Preserving: Introduction to Preserving (Hands-on)

Feb 22 9:00am-12:00pm	This hands-on class will demonstrate traditional canning methods and fermentation, two very different preservation techniques. Participants will learn about the nutritional benefits of fermented foods and will make their own sauerkraut to take home. Further, they will learn about pressure canning for low-acid foods through preparation of a canning recipe to enjoy later on.
Register – \$	Program provider: Poppy Innovations Register at: www.poppyinnovations.ca

Canning and Preserving: Lacto- Fermented Vegetables (Hands-on) **New!**

Mar 14 9:30am-11:30am	Learn all about the added health benefits of fermented food and make your own jar of "lacto-fermented" vegetable pickles. We will also use fermented vegetables in a delicious recipe to demonstrate the variety of ways you can include fermented vegetables in what you eat. You will leave the class with the knowledge, confidence and skills to try fermenting at home.
Register – \$	Program provider: Poppy Innovations Register at: www.poppyinnovations.ca

Lifestyle Management

Family Yoga **New!**

View registration website for dates and times	Bond as you bend in this family yoga program. Enjoy stretching, strengthening and spending quality time together in a calming atmosphere. This class is designed to bring parents and children together to explore the benefits of health and wellness while learning basic yoga postures.
Register M – Free! NM – \$	Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900

Introduction to Yoga

View registration website for dates and times	New to exploring the peaceful practice of yoga? This program is great for beginners and for those restarting their practice after a long break. Learn the fundamentals of yoga which will help you to feel comfortable and confident taking classes.
Register M – Free! NM – \$	Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900

Introduction to Resistance Training

View registration website for dates and times	Realize the benefits of resistance training! This beginner class will help you understand the fundamentals of resistance training for building strength. The instructor will lead you through resistance exercises with a focus on proper technique and execution.
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Register M – Free! NM – \$ Pilates Level 1	Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900
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View registration website for dates and times	Build core strength, flexibility and improve posture in this challenging and self-paced workout.
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Register - \$	Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900
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Older Adult Resistance Training

View registration website for dates and times	Designed specifically for Older Adults, this beginner program will help you understand the fundamentals of resistance training for building strength. You will be led through a variety of resistance exercises with a focus on proper technique and execution. A fun, social program and great way to get started on this very important age-defying aspect of fitness!
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Register M – Free! NM – \$	Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900
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Small Group Training

View registration website for dates and times	Transformation: Are you looking for some guidance and motivation to help with your weight loss goals? Transformation workouts combine body weight exercises and interval training to accelerate fat loss and improve body composition. Strength: Is your goal to become stronger and improve muscle tone? This program focuses on pure strength with the use of free weights, cables and machines to stimulate muscle growth and enhance metabolic fitness.
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Register - \$	Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900
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Essentials of Wellness: Practical Basics of Cooking, Eating and Moving for Health (Hands-on) New!

6 class series Begins Feb 11 5:30pm-8:30pm	Are you interested in improving how you eat, cook, and move to better your health? Not sure how to get started? This beginner level program runs once a week for six weeks. Each week is divided between hands on healthy cooking in the kitchen, and practical physical activity coaching in the gym. Take a tour of the basic components of a balanced workout and balanced meals, how to move safely for your level of fitness, basic cooking techniques, food safety skills, how to prepare <i>easy and healthy</i> meals, how to use different types of kitchen and fitness equipment, how to choose and shop for recipes, what gets in the way, and how to plan for success! This program is for individuals 18+ with medical clearance for basic physical activity.
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Register - \$	Program provider: YMCA Calgary and SHC Wellness Kitchen Registered Dietitian Register at: www.ymcacalgary.org or call 403-956-3900
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Employment

Work Search

2 class series Begins Feb 1 9:00am-4:00pm Register – Free!	Learn about better work-search strategies and resources including local employer hiring practices, how to apply for work on-line and introducing yourself to potential employers through networking. Program provider: Alberta Works Register at: www.humanservices.alberta.ca/calgary-workshops
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Resume Writing

2 class series Begins Feb 22 9:00am-4:00pm Register – Free!	Are you interested in writing a high impact resume that identifies your abilities, skills and accomplishments? Learn new skills, develop increased confidence and how to create a personal brand that markets you, your accomplishments and your abilities. Program provider: Alberta Works Register at: www.humanservices.alberta.ca/calgary-workshops
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Interview Skills

2 class series Begins Mar 21 9:00am-4:00pm Register – Free!	Learn ways to communicate the skills and abilities you have to offer to an employer. The group will discuss interview questions and complete a mock interview where you will receive constructive feedback on how to improve your interview skills. Program provider: Alberta Works Register at: www.humanservices.alberta.ca/calgary-workshops
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Parents and Parents to be – *Pregnancy*

Birth and Babies

View registration website for dates and times Register – \$	The most comprehensive prenatal and postnatal experience. Classes run for ten consecutive weeks, beginning about six to seven weeks before your due date and continuing beyond birth. A ‘birth-day’ celebration is held on the last class. Program provider: AHS – Birth and Babies Register at: www.birthandbabies.com or call 403-955-1450
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Childbirth Essentials

View registration website for dates and times Register – \$	A variety of interactive labour preparation classes that include topics such as signs and stages of labour, when to go to the hospital, breathing and relaxation, decision-making, medical procedures, breastfeeding, baby care, and more! Program provider: AHS – Birth and Babies Register at: www.birthandbabies.com or call 403-955-1450
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Cooking Your Way to Wellness in Pregnancy (Hands-on)

View registration website for dates and times Register – Free!	These interactive classes are designed to provide practical information and hands-on experience to create healthy eating habits during your pregnancy, and to help ensure you and baby are as healthy as possible. Attendance is required at both sessions. <i>Participants are encouraged to register for “Healthy Eating for Pregnancy” class for more nutrition information prior to attending these classes.</i> Program provider: SHC Registered Dietitian Register at: www.birthandbabies.com
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Healthy Eating for Pregnancy

View registration website for dates and times Register – Free!	<p>Looking for reliable nutrition information during pregnancy? Wondering how much weight gain is healthy for you and your baby? Which vitamins and minerals are important and what foods to avoid? How to manage nausea, vomiting, heartburn, and constipation? These questions will be answered by a Registered Dietitian who can help guide you in setting your personal nutrition goals.</p> <p>Program provider: SHC Registered Dietitian Register at: www.birthandbabies.com or call 403-955-1450</p>
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Parents and Parents to be – Early Childhood

Baby and You for New Moms

View registration website for dates and times Register – \$	<p>This series is for new mothers and babies between eight weeks and nine months. These fun and informative classes will help you understand your baby and your family, as well meet other moms.</p> <p>Program provider: AHS – Birth and Babies Register at: www.birthandbabies.com or call 403-955-1450</p>
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Feeding Your Baby

View registration website for dates and times Register – Free!	<p>Do you have questions about feeding your growing baby? A registered dietitian will answer your questions about infant feeding, including introducing solids and textures and other topics related to feeding your baby in the first 12 months. Babies are welcome!</p> <p>Program provider: AHS – Birth and Babies Register at: www.birthandbabies.com or call 403-955-1450</p>
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Daddies and Babies

View registration website for dates and times Register – \$	<p>This series is for new fathers and babies between 8 weeks and 9 months. Just for dads! Bring your baby and meet with other new dads. Learn about your baby's development, play, sleep and parenting. Talk about the challenges of being a new father and how you can balance work and family.</p> <p>Program provider: AHS – Birth and Babies Register at: www.birthandbabies.com or call 403-955-1450</p>
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Baby Health and Safety

View registration website for dates and times Register – \$	<p>In these interactive hands on classes you will learn about common illness and keeping your baby healthy, explore ways of preventing home injuries, car seat use and be introduced to basic first aid and infant CPR. Attend before or after having your baby (babies are welcome in class). Open to extended family members or caregivers. This is not a certification course.</p> <p>Program provider: AHS – Birth and Babies Register at: www.birthandbabies.com or call 403-955-1450</p>
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Mealtime Struggles to Mealtime Success

View registration website for dates and times	Do you have questions about your child's eating? Learn how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles. This class is for parents and caregivers with children 1-5 years of age. Adults only please.
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Register – Free!	Program provider: AHS – Birth and Babies Register at: www.birthandbabies.com or call 403-955-1450
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View registration website for dates and times	If you've had a baby recently, this class is for you! Learn how to use food to boost your energy levels, how to lose the "baby weight" in a healthy and sustainable way, and what to eat (and not eat) when breastfeeding. Babies welcome!
Register – Free!	Program provider: SHC Registered Dietitian Register at: www.birthandbabies.com or call 403-955-1450

Cooking with Colours (Ages 4+ with an adult hands-on)

View registration website for dates and times	Encouraging children to try new foods, eat more fruits and vegetables, understand food nutrients and develop food literacy will set the foundation for a lifetime of healthy habits. Each week you and your child will learn basic culinary skills and nutrition while preparing recipes featuring different colours of the fruit and vegetable rainbow. A colourful plate is a healthy plate!
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Register - \$	Program provider: Poppy Innovations Register at: www.poppyinnovations.ca
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Let's Play! (Ages 0-6 with an adult)

Jan 27 9:30am-10:30am	Let's Play is based on a growing body of Early Childhood Development research highlighting the importance of "serve and return" interactions between children and their caregivers. This group will help parents/caregivers learn about what kinds of play encourage optimal development in language, communication, and social skills to lay a strong foundation for life-long learning and literacy.
Drop in – Free!	Program provider: Deep South Early Childhood Coalition

Parents and Parents to be – Tween to Teen

Parent and Child Culinary Program (Ages 8+ with an adult hands-on)

View registration website for dates and times	Kids will practice to improve their food skills and improve food literacy alongside their parents. You and your child will gain hands-on experience making healthy and delicious meals while covering a spectrum of cooking techniques and basic nutrition.
Register - \$	Program provider: Poppy Innovations Register at: www.poppyinnovations.ca

Just for Kids and Youth!

Fitness Training for Youth (Ages 15+)

View registration website for dates and times Register M – Free! NM – \$ YCAN (YMCA Community Action Network Ages 15-30)	Figure out the fitness centre! Learn gym etiquette and basic principles of strength training and conditioning. Come away with safe and effective exercise techniques using a variety of equipment, including weight and cardio machines. All levels and abilities welcome. Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900
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Tuesdays 5:00pm-7:00pm	Are you interested in developing and delivering service projects that are needed in your local community? Have traditional youth groups and programs not been the right ones for you? With YCAN gain valuable skills, meet new people and develop service projects that are meaningful to you! YCAN supports those who are traditionally underrepresented and/or face barriers when participating in programs.
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Register – Free!	Program provider: YMCA Calgary Register at: 403-465-0973
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Kids Cooking Bootcamp (Ages 8-12 Hands-on)

View registration website for dates and times Register – \$	No school? Join us in the kitchen! Kids will develop culinary skills and learn how to eat healthy while preparing from scratch recipes with our food and nutrition educators. They will make snacks and their own lunch with healthy ingredients and lots of kitchen fun! *All food and supplies included! Program provider: Poppy Innovations Register at: www.poppyinnovations.ca
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Aspen Youth Matters Cooking Program (Ages 13-18 Hands-on)

Fridays 2:30pm-4:00pm	Do you want to learn about cooking? If so... Aspen's Youth Matters program is offering cooking programs for you! For more information please call 403-472-5568 or Email: msikking@aspenfamily.org . Program provider: Aspen Family and Community Network Society Register at: 403-471-3970
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Register – Free!	Mini Chefs: School Break (Ages 8-10 Hands-on)  4 class half day camp Mar 24 –Mar 27 9:00am-12:00pm
Register – Free!	Research shows kids who participate in meal preparation/cooking are more likely to enjoy mealtimes and eat a variety of foods, including vegetables and fruit. Led by a Pediatric Dietitian, kids will learn to cut with knives, use various kitchen utensils/tools, measure ingredients, read recipes and how to make a few snacks and meals independently. Parents will be welcomed into the kitchen on the last day of camp for 30 minutes to enjoy a meal prepared solely by the children! All food and supplies included! Program provider: SHC Pediatric Registered Dietitian Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-1485 and ask for Debbi



There's no shortage of welcome mats here

Community is included in every membership.

Keep active and skilled this winter with swim lessons, strength and conditioning programs, sport leagues, drop-in fitness classes and more.

Become a member today!

★ Members receive a **20-25% discount** on programs, day camps and personal training.



ymcacalgary.org

South Health Campus Wellness Centre

At the Wellness Centre, we want you to be as healthy as possible.

Let us support you in your wellness journey through our unique partnerships with the Alberta Health Living Program, AHS healthcare professionals, and many community organizations and businesses.

We offer something for everyone: patients, friends and family, community members and staff.

- Take a class in the Wellness Kitchen, YMCA or health management / lifestyle classrooms
- Borrow a book from the lending library
- Enjoy our beautiful community gardens or come garden with us
- Visit our website: www.ahs.ca/shcwellness



Wellness Programs

- We offer a variety of engaging, supportive and informative wellness programs.
- Program areas include emotional wellbeing, health and lifestyle management, caregiver support, support groups, seniors, parenting, nutrition, fitness, employment and more.



Wellness Kitchen

- In our teaching kitchen we inspire people to shop, cook and eat healthier.
- We offer interactive and hands-on food and nutrition programs for patients, families and community members.



Information/Support

- Health and Wellness lending library.
- Up to date community resources.
- Eight computers for public use.



YMCA

- The YMCA features a diverse range of programs for children, youth and adults, and includes a strength and conditioning centre, fitness classes, walking track, climbing wall and outdoor sport court.
- Ask us about special rates, programs and hours of operation for patients and staff. Call 403-956-3900 for more information or visit www.ymcacalgary.org.

