

## **Taking Ownership of Your Health- Rapids Family Health Team Upcoming Program Schedule 2016**

The following sessions are being offered at the **Rapids Family Health Team** clinic located in the Shell Health Centre, **233 Cameron Street**, Corunna. There is no charge for participation. You must register to participate. Please note space is limited. If we are unable to accommodate you for the day of your choice, we will put you on a waiting list for future sessions.

For more information go to [www.rapidsfhteam.ca](http://www.rapidsfhteam.ca) or to register call 519-813-9800 and speak to reception.

### **Living with Diabetes**

This is a 2-hour session that provides a general overview of Diabetes. We will discuss some of the most common myths about Diabetes, learn what “good control” is, and will discuss some of the things you can do to manage Diabetes. The session is led by a Diabetes Educator.

<b>When:</b>	<b>Friday February 5, 2016</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Wednesday March 2, 2016</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Friday April 15, 2016</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Monday May 9, 2016</b>	<b>9:30 a.m.-11:30 a.m.</b>

### **Diabetes Healthy Eating and Keeping Active**

This is a 2-hour session for people who have already attended our Living with Diabetes class or who have had past education on the basics of Diabetes and want more information on diet. We will discuss the basics of healthy eating, what types of food affect your blood sugar levels, reading food labels, when and how much to eat, and how to increase your physical activity level. The session is led by a Registered Dietitian.

<b>When:</b>	<b>Friday February 12, 2016</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Wednesday March 9, 2016</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Friday April 22, 2016</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Monday May 16, 2016</b>	<b>9:30 a.m.-11:30 a.m.</b>

### **A Guide To Diabetes Prevention**

This program is a 1.5 hour group session for those who have been told that they are at risk of getting diabetes, for those who want to learn about diabetes and learn how to prevent it. This session is led by a Registered Nurse and Registered Dietitian who will discuss what diabetes is, risk factors for getting diabetes and how to decrease blood sugar levels through lifestyle changes. No physician referral required.

<b>When:</b>	<b>Friday February 26, 2016</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Friday March 18, 2016</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Friday April 29, 2016</b>	<b>9:30 a.m.-11:30 a.m.</b>

**Monday May 30, 2016      9:30 a.m.-11:30 a.m.**

### **Healthy Weights By Healthy Means**

A series of five sessions lasting 2 hours each. The aim of the program is to help you make permanent lifestyle changes – this is not a “diet” program. You will set your own healthy eating and physical activity goals and learn how to make plans for achieving them. Some topics that will be discussed include:

- Carbohydrates, protein and fats (the good and the bad)
- Physical activity: What types and amounts are beneficial
- Emotional eating strategies
- Sensible portions and portion control strategies
- Group discussions will help you learn from others experiences. Weekly “assignments” will help you reach your goals.

**When: Tuesday March 22, 2016      9:30 a.m.-11:30 a.m.**  
**Tuesday March 29, 2016      9:30 a.m.-11:30 a.m.**  
**Tuesday April 5, 2016        9:30 a.m.-11:30 a.m.**  
**Tuesday April 12, 2016      9:30 a.m.-11:30 a.m.**  
**Tuesday April 19, 2016      9:30 a.m.-11:30 a.m.**

### **Quit Smoking Workshop**

This is a 2 hour session for people who are thinking about quitting or are ready to quit using tobacco. We will discuss strategies and methods for quitting, such as cutting back, using nicotine replacement therapy, and using prescribed medications. We will also work on finding ways to overcome barriers to quitting, how to make a quit plan, managing withdrawal symptoms, and how to prevent a relapse.

Participants are also welcome to schedule individual appointments to receive further support and information from one of our nurse educators.

**When: Wednesday February 10, 2016    2:00 p.m.-4:00 p.m.**  
**Wednesday February 24, 2016    9:00 a.m.- 11:00 a.m.**  
**Friday March 4, 2016                9:00 a.m.-11:00 a.m.**  
**Wednesday March 16, 2016        2:00 p.m.-4:00 p.m.**  
**Wednesday April 13, 2016        2:00 p.m.-4:00 p.m.**  
**Monday April 25, 2016              9:30 a.m.-11:30 a.m.**  
**Wednesday May 11, 2016          2:00 p.m.-4:00 p.m.**  
**Wednesday May 25, 2016          9:30 a.m.-11:30 a.m.**

## **Stress Management Workshop**

Created by our registered Social Worker, this 2 hour seminar offered monthly will provide you with information on how to effectively manage stress through:

- regulating the stress-response
- goal-setting
- problem-solving
- challenging unhelpful thinking
- communicating assertively

This seminar is open to the public - no physician referral required.

<b>When: Friday February 12, 2016</b>	<b>9:30 a.m.- 11:30 a.m.</b>
<b>Friday March 11, 2016</b>	<b>9:30 a.m.- 11:30 a.m.</b>
<b>Friday April 8, 2016</b>	<b>9:30 a.m.- 11:30 a.m.</b>
<b>Friday May 6, 2016</b>	<b>9:30 a.m.- 11:30 a.m.</b>

**\*Class date and times subject to change/ cancelation depending upon number of patient registrants**

**Just a reminder that our lab is open daily for all residents Monday to Friday from 7:30a.m. - 11:15 a.m.**