

## **Taking Ownership of Your Health- Rapids Family Health Team Upcoming Program Schedule Spring 2018**

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 Registered Nurse Educator.

<b>When:</b>	<b>Tuesday, March 20, 2018</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Tuesday, April 10, 2018</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Tuesday, May 8, 2018</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Tuesday, June 12, 2018</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>Tuesday, March 27, 2018</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Wednesday, April 25, 2018</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Tuesday, May 15, 2018</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Tuesday, June 19, 2018</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 want to learn about diabetes and how to prevent it or for those who have been told that they are at risk of getting diabetes. This session is led by a Registered Nurse and/or Registered Dietitian who will discuss what diabetes is, risk factors for getting diabetes and how to decrease blood sugar levels through lifestyle changes.

<b>When:</b>	<b>Friday, March 23, 2018</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Friday, April 13, 2018</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Thursday, May 10, 2018</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Thursday, June 14, 2018</b>	<b>1:30 p.m.-3:30 p.m.</b>

**This program is open to the public – no physician referral required.**

## **Healthy Eating and YOU**

A series of four 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.

**When:      Wednesday, May 9, 2018                      9:30 a.m.-11:30 a.m.**  
**Wednesday, June 6, 2018                      2:00 p.m.-4:00 p.m.**

**This program is open to the public – no physician referral required.**

## **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.

**This workshop is open to the public – no physician referral required.** Participants are also welcome to schedule individual appointments to receive further support and information from one of our nurse educators.

**When:      Tuesday, March 6, 2018                      1:30 p.m.-3:30 p.m.**  
**Tuesday, April 3, 2018                              1:30 p.m.-3:30 p.m.**  
**Tuesday, May 1, 2018                                9:30 a.m.-11:30 a.m.**  
**Tuesday, June 5, 2018                              1:30 p.m.-3:30 p.m.**

## **Happiness 101**

The Happiness 101 Group is a 4 week group that focuses on being happy. Adapted from the manual Happiness 101 by Dr. Louise Lambert, the sessions will discuss 12 simple interventions for a happier life using positive psychology for people who are depressed, languishing or flourishing. The goal of the group is to help participants generate a whole new mindset geared exclusively towards the creation of a greater and more durable state of happiness.

No Physician referral is necessary however, participants must have a physician that has referral privileges to the Rapids Family Health Team resources.

**When:      Wednesday, March 7, 2018                      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

<b>When:</b>	<b>Friday, March 2, 2018</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Wednesday, April 4, 2018</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Friday, May 4, 2018</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Friday, June 15, 2018</b>	<b>9:30 a.m.-11:30 a.m.</b>

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

## **Anxiety Awareness**

The Anxiety Awareness Therapy Group is an 8 week program for adults 18 and over, living with and managing anxiety in day to day life. The program is facilitated by Registered Social Workers. During the group sessions the participants will learn how to deal with their anxious thoughts, feelings and behaviors by understanding their anxiety and how to manage their worry. Relaxation skills and stress reduction techniques will be focused on during the weekly sessions.

The group will cover the following topics:

- Overview of Generalized Anxiety
- Challenging negative and positive beliefs about worrying
- Developing strategies to challenge worries and accept uncertainty
- Problem solving and decision making
- Managing the anxious body, mind and behaviour
- Exploring and practicing relaxation skills and stress reduction techniques
- Maintaining the gains and developing a self-management plan

<b>When:</b>	<b>Wednesday, April 25, 2018</b>	<b>1:30 p.m.-3:30 p.m.</b>
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## **Teaching Kitchen**

Healthy cooking classes will not only help you build on your knowledge of healthy eating, but also help you be able to apply them in a friendly group setting. Classes will cover a wide range of health conditions/ topics including: heart health, digestive concerns, vegetarian, cooking for one, increasing fruit and vegetables, high blood pressure and more! Cooking classes are open to the public – no physician referral required.

<b>When:</b>	<b>Tuesday, March 20, 2018</b>	<b>9:30 a.m.-11:30 a.m.</b>
	<b>Topic: Budget Bites</b>	

**Wednesday, June 20, 2018      10:00 a.m.-12:00 p.m.**  
**Topic: Cooking for your Bones**

**Thursday, August 2, 2018      10:00 a.m.-12:00 p.m.**  
**Topic: Spice Makes Everything Nice**

**Wednesday, Sept. 26, 2018      10:00 a.m.-12:00 p.m.**  
**Topic: Meatless Mondays**

**Wednesday, Oct. 24, 2018      10:00 a.m.-12:00 p.m.**  
**Topic: Meals for One**

**Wednesday, Nov. 21, 2018      10:00 a.m.-12:00 p.m.**  
**Topic: Dining with Diabetes**

**Wednesday, Dec. 12, 2018      10:00 a.m.-12:00 p.m.**  
**Topic: Healthy Holiday Baking**

**\*Class date, times and location within Corunna 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.**