

## Table of Contents:

<i>Diabetes Education</i>	Page 2-4
<i>Healthy Eating</i>	Page 4-6
<i>Craving Change</i>	Page 6
<i>Mobile Wellness</i>	Page 6
<i>Get Better Together!</i>	Page 7
<i>Mental Wellbeing</i>	Page 8
<i>Physical Activity</i>	Page 9
<i>Falls Prevention</i>	Page 10
<i>Community Partner Events</i>	Page 11



### Diabetes Self Management Program:



**Have you recently been diagnosed with pre-diabetes or diabetes?** Are you unsure of what diabetes is? The Interlake-Eastern Community Wellness Team is here to help you. This program consists of two or three classes; explaining what diabetes is, how to control blood sugars, what to eat with diabetes and how to read food labels, treatments for diabetes, how to stay healthy from your eyes to your toes, how to manage cholesterol and blood pressure and how to make healthy lifestyle choices.



#### Gimli:

**1.Date:** Tues. Dec. 5<sup>th</sup> (Class One) and Tues. Dec. 12<sup>th</sup> (Class Two)

**Time:** 9:45 am to 12:00 pm

**Location:** Gimli Community Health Centre Multipurpose Room

**2.Date:** Tues. Jan. 30<sup>th</sup> (Class One) and Tues. Feb. 6<sup>th</sup> (Class Two)

**Time:** 9:45 am to 12:00 pm

**Location:** Gimli Community Health Centre Multipurpose Room

#### Stonewall:

**Date:** Thurs. Dec. 14<sup>th</sup>

**Time:** 9:30 am to 12:00 pm

**Location:** Stonewall Hospital

#### Selkirk:

**1.Date:** Mon. Nov. 27<sup>th</sup> (Class One) and Mon. Dec. 4<sup>th</sup> (Class Two)

**Time:** 9:30 am to 12:00 pm

**Location:** Primary Care Boardroom, 2<sup>nd</sup> Floor, 237 Manitoba Ave.

**2.Date:** Mon. Jan. 8<sup>th</sup> (Class One) and Mon. Jan. 15<sup>th</sup> (Class Two)

**Time:** 9:30 am to 12:00 pm

**Location:** Primary Care Boardroom, 2<sup>nd</sup> Floor, 237 Manitoba Ave.

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**For information regarding programs and events please contact:**

***wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)***

### **Diabetes and Heart Health Drop In:**

**Get up to date information from a nurse and dietitian on managing diabetes and reducing risks for complications? These drop in sessions are FREE.**

- **Beausejour**  
HEW Primary Health Centre  
Last Friday of the month  
10:30 p.m. – 12:00 p.m.
  - No session in December
  - Jan. 26<sup>th</sup>
- **Lac du Bonnet**  
Health Centre Classroom  
Last Monday of the month  
10:00 a.m. – 11:00 a.m.
  - No session in December
  - Jan. 29<sup>th</sup>
- **Pinawa**  
Hospital Boardroom  
Last Thursday of the month  
10:00 a.m. – 11:00 a.m.
  - No session in December
  - Jan. 30<sup>th</sup>
- **Victoria Beach**  
Seniors Scene, 3 Ateah Rd.  
Last Monday of the month  
2:00 pm to 3:00 pm
  - No session in December
  - Jan. 29<sup>th</sup>
- **Whitemouth**  
Whitemouth District Health Centre  
Meeting Room  
10:00 a.m. – 11:00 a.m.
  - No session in December
  - Jan. 17<sup>th</sup>

**Please note that a Chronic Disease Nurse and Registered Dietitian are available every Wednesday at the Whitemouth District Health Centre. Please call 204-348-4620 for an appointment**



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### **Eating for Health Education Session:**

**Want to learn about healthy eating in general?** Looking for Nutrition tips, weight loss tips, or disease specific guidance? Then this is the class for you! You will be guided through lifestyle changes to help you improve cholesterol, and blood pressure. Learn about fat, fibre, sodium and eating habits to become a healthier you. Make sense of food labels and how your choices will affect your family's health and yours.



#### **Selkirk:**

**1.Date:** Tues. Dec. 11<sup>th</sup>  
**Time:** 9:30 am to 12:00 pm  
**Location:** Primary Care Boardroom, 2<sup>nd</sup> Floor, 237 Manitoba Ave.

**2.Date:** Mon. Jan. 22<sup>nd</sup>  
**Time:** 9:30 am to 12:00 pm  
**Location:** Primary Care Boardroom, 2<sup>nd</sup> Floor, 237 Manitoba Ave.

#### **Gimli:**

**1.Date:** Tues. Dec. 19<sup>th</sup>  
**Time:** 9:45 am to 12:00 pm  
**Location:** Gimli Community Health Centre Multipurpose Room

**2.Date:** Tues. Feb. 13<sup>th</sup>  
**Time:** 9:45 am to 12:00 pm  
**Location:** Gimli Community Health Centre Multipurpose Room

### **Eating for Heart Health Education Session :**

**Love your Heart!** Learn about dietary changes to help you improve your blood pressure and cholesterol, medications to protect your heart, activity and stress management, and monitoring your blood pressure at home.

#### **Peguis:**

**Date:** Wed. Dec. 6<sup>th</sup>  
**Time:** 1:00 pm to 3:00 pm  
**Location:** Peguis Health Centre Boardroom



**For information regarding programs and events please contact:**  
**wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)**

### [Cooking for 1 or 2 & Eating on the Go:](#)

**Looking for quick & easy meal ideas for busy days?** Trying to eat healthy while on the go? AT this class you will get simple recipe ideas meant for one or two people to make & take in just a few minutes.

#### [Gimli:](#)

**Date:** Thurs. Jan. 18<sup>th</sup>

**Time:** 12:00 pm to 1:00 pm

**Location:** Gimli Rec Centre

### [Meals for 1 or 2 – Cooking Demonstration:](#)

**Cooking for 1 or 2 can be difficult. Learn how to make quick and healthy recipes at this hands on cooking demonstration. All ingredients are provided. Space is limited so register early.**

#### [Gimli:](#)

**Date:** Wed. Jan. 31<sup>st</sup>

**Time:** 1:30 pm to 3:00 pm

**Location:** Gimli New Horizons

### [Feeding Picky Eaters:](#)

**Do you have a picky eater at home?** Are mealtimes a constant battle? Come to this class to learn strategies for managing picky eaters and making mealtimes more enjoyable for everyone. Childminding will be available so bring your kids to this presentation.

#### [Gimli:](#)

**Date:** Tues. March 20<sup>th</sup>

**Time:** 10:30 am to 11:30 pm

**Location:** Gimli Rec Centre



### Craving Change:

**A how-to workshop for changing relationships with food. Change your thinking, change your eating.** Are you craving change in your eating habits? Want to kick a bad habit? Do you struggle with your eating and want to learn how you can create a healthier you? Then this **FREE program** is the class for you!

#### Gimli:

**Date:** Wed, Jan. 31, Feb. 7, Feb. 14<sup>th</sup>  
**Time:** 6:00 pm to 8:00 pm  
**Location:** Gimli Multi-Purpose Building, 17B  
North Colonization Road  
**Registration Deadline:** Jan. 29<sup>th</sup>

#### St. Georges:

**Date:** Wed, Jan. 17, 24, 31  
**Time:** 6:00 pm to 8:00 pm  
**Location:** Allard Library  
**Registration Deadline:** Jan. 12<sup>th</sup>

#### Lac du Bonnet:

**Date:** Wed, Jan. 31, Feb. 7, 14, 21<sup>st</sup>  
**Time:** 6:30 pm to 8:30 pm  
**Location:** Lac du Bonnet  
Health Centre Classroom  
**Registration Deadline:** Jan. 26<sup>th</sup>

#### Stonewall:

**Date:** Wed, Jan. 31, Feb. 7, 14, 21<sup>st</sup>  
**Time:** 6:30 pm to 8:30 pm  
**Location:** Stonewall Hospital MPR  
**Registration Deadline:** Jan. 26<sup>th</sup>



To get on a wait list for a program near you please email [wellness@ierha.ca](mailto:wellness@ierha.ca) or call toll free 1-877-979-WELL (9355).

### Mobile Wellness:

Mobile Wellness (MW) events are free events that bring a team of health care professionals to provide education and help you make healthy lifestyle choices. MW encourages people to be aware of the factors that affect their health and the things that they can do to improve their health. MW includes: a health check (blood pressure, blood glucose, and a lifestyle quiz); healthy displays on physical activity, nutrition, smoking and stress, healthy lifestyles presentation and a passport to record results.

Call 1-877-979-WELL (9355) or email [wellness@ierha.ca](mailto:wellness@ierha.ca) for more information.



### [Get Better Together:](#)

**Are you living with a chronic condition such as arthritis, MS, depression, asthma, chronic pain, diabetes, anxiety, cancer, fibromyalgia or heart disease?** Come join Get Better Together! People with different chronic health problems attend together to deal with common issues they face and to motivate each other with solutions and techniques for:

- Dealing with frustration, pain, fatigue and isolation
- Communicating effectively with family, friends and health professionals
- Appropriate exercises for maintaining & improving strength, flexibility & endurance
- Appropriate use of medications
- Maintaining appropriate nutrition
- Engaging with other community resources



This **FREE 6 week workshop** is designed to help people with ongoing health conditions take control of their health. This program, led by others living with chronic conditions, can help you develop a plan to deal with the challenges of an ongoing health concern or disability. Bring a friend, family member, or other support person to attend with you!

#### [Riverton:](#)

**Date:** Mon., Jan.29, Feb. 5, 12, 26, Mar. 5, 12

**Time:** 1:30 pm to 4:00 pm

**Location:** Icelandic River Lodge, Riverton

#### [Pine Falls:](#)

**Date:** Wed., Feb. 7, 14, 21, 28, Mar. 7, 14

**Time:** 1:15 pm to 3:45 pm

**Location:** Pine Falls Primary Health Care Centre, Bear Meeting Room

**Registration Deadline:** Jan. 31<sup>st</sup>

To get on a wait list for a program near you please email [wellness@ierha.ca](mailto:wellness@ierha.ca) or call toll free 1-877-979-WELL (9355).



**"Beat the Winter Blues" for Busy Skeptics:**

**At this workshop we'll cover:**

- how to outsmart stress
- problem solving and action planning
- "eat-play-thrive" - exercise and healthy eating
- finding your 'flow'
- unplug and recharge

**\*\*\* Leave with Community Resources \*\*\***



**Gimli:**

**Date:** Tues. Jan. 16<sup>th</sup>

**Time:** 1:00 pm to 2:30 pm

**Location:** Gimli Recreation Centre

**Registration Deadline:** Jan. 15<sup>th</sup>

**Gimli:**

**Date:** Thurs. Feb. 15<sup>th</sup>

**Time:** 1:30 pm to 3:00 pm

**Location:** Gimli New Horizons

**Registration Deadline:** Feb. 12<sup>th</sup>

**Gimli:**

**Date:** Thurs. Feb. 21<sup>st</sup>

**Time:** 6:30 pm to 8:00 pm

**Location:** Gimli Multi-Purpose Building, 17B  
North Colonization Road

**Registration Deadline:** Feb. 16<sup>th</sup>

\*You can also register for these sessions at the Winter Program Registration Night on Thurs, Jan. 11<sup>th</sup> from 4:00 pm to 7:00 pm at the Gimli Recreation Centre. \*





**Take Charge of Your Health – Introduction to Physical Activity:**

“Physical Activity is vital to your physical and emotional health and can bring you fun and fitness at the same time.” Leave this **FREE** class with resources to continue on your path to Wellness. You will learn:

- Where to begin
- Goal setting
- The physical activity guidelines specific to your age group
- Recommendations for developing a walking program
- Gentle stretching & strengthening exercises modified to meet your individual needs

\*\*\*Don't forget your running shoes and to wear comfortable clothing!  
We'll get up and get moving as we learn fitness facts!



**Gimli (Three part series):**

**Date:** Tuesdays, Jan. 30, Feb. 6, 13  
**Time:** 9:30 am to 11:00 am  
**Location:** Gimli Recreation Centre  
**Registration Deadline:** Jan. 30<sup>th</sup>

**Gimli (Three part series):**

**Date:** Thursdays, March 1, 15, 22  
**Time:** 1:30 pm to 3:00 pm  
**Location:** Gimli New Horizons  
**Registration Deadline:** Feb. 26<sup>th</sup>

**How to Build on the Basics – Take Your Physical Activity to the Next Level!:**

**You will learn:**

- The physical activity guidelines specific to your age group
- Why form and core strength are so important
- Intermediate body weight exercises and stretching
- Recommendations for preparing for 5K walk/jog
- How to revisit goals with improved physical activity using the FITT principle

**Don't forget to wear clothing and footwear for physical activity and bring a towel or mat!**

**Gimli (Three part series):**

**Date:** Tuesdays, Feb. 27, Mar. 6, 13  
**Time:** 9:30 am to 11:00 am  
**Location:** Gimli Recreation Centre – 2<sup>nd</sup> Floor  
**Registration Deadline:** Feb. 22<sup>nd</sup>



**Take Action to Prevent Falls:**

**Anyone can fall, but as we age our risk of falling becomes greater.** That's the bad news. The good news is that falls can be prevented. The first step to avoiding falls is to understand what causes them. At this workshop we'll cover adjustments to your home and lifestyle to help with daily life and keep you safe. Sign up and take action!

**Gimli:**

**Date:** Thurs. Feb. 1<sup>st</sup>

**Time:** 1:30 pm to 3:00 pm

**Location:** Gimli New Horizons

**Registration Deadline:** Jan. 29<sup>th</sup>



**[Holiday Break Recreation Programming in Gimli:](#)**

**Family and Friends Funspiel: January 6<sup>th</sup>**

Teams consist of 2 adults and 2 youth (17 & Under). Individuals looking for a team can call to put their name on a list. 204-642-6670

**After School Program** will be running the week of Jan. 2 to Jan. 5. \$20/day from 9:00 am to 5:00 pm. Pre-registration is preferred to ensure proper staffing, 204-642-6670.

**Public Skating, Sticks & Pucks, and Open Curling Ice** will be available, check online for dates, <https://goo.gl/Fx5nYA>, or Facebook, <https://www.facebook.com/gimlirecreationcentre/>, 204-642-6670.

