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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:

Date: Tues. Jan. 30th (Class One) and Tues. Feb. 6th (Class Two)
Time: 9:45 am to 12:00 pm
Location: Gimli Community Health Centre Multipurpose Room

Oakbank:

Date: Fri. Jan. 19th
Time: 9:00 am
Location: KinPlace Health Centre

Selkirk:

Date: Mon. Jan. 8th (Class One) and Mon. Jan. 15th (Class Two)
Time: 9:30 am to 12:00 pm
Location: Primary Care Boardroom, 2nd Floor, 237 Manitoba Ave.

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.
 - Jan. 26th
- **Lac du Bonnet**
Health Centre Classroom
Last Monday of the month
10:00 a.m. – 11:00 a.m.
 - Jan. 29th
- **Pinawa**
Hospital Boardroom
Last Thursday of the month
10:00 a.m. – 11:00 a.m.
 - Jan. 30th
- **Victoria Beach**
Seniors Scene, 3 Ateah Rd.
Last Monday of the month
2:00 pm to 3:00 pm
 - Jan. 29th
- **Whitemouth**
Whitemouth District Health Centre
Meeting Room
10:00 a.m. – 11:00 a.m.
 - Jan. 17th

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



For information regarding programs and events please contact:

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

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:

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

Gimli:

Date: Tues. Feb. 13th
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.

Arborg:

Date: Tues. Feb. 13th
Time: 10:00 am to 11:00 am
Location: House of Hope



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

Eating for Bone Health:

1 in 3 women and 1 in 5 men will have a bone fracture in their lifetime.

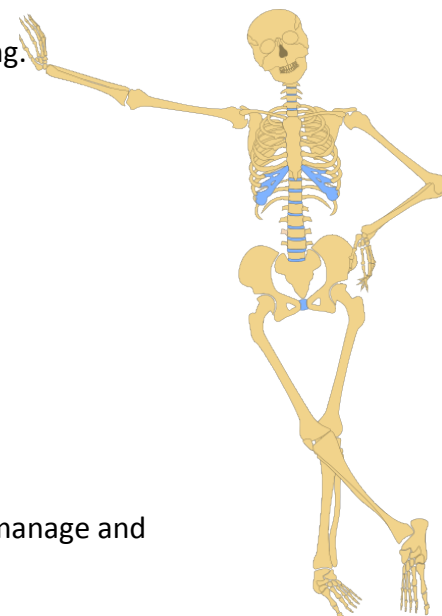
In this class you will learn how to eat well to keep your bones healthy and strong.

Riverton:

Date: Mon. Jan. 8th

Time: 1:30 pm to 3:30 pm

Location: Icelandic River Lodge



Simplifying Portion Sizes:

Make healthy portion sizes a priority! Learn how to use simple techniques to manage and measure your portion sizes at meals and snacks.

Riverton:

Date: Wed. Jan. 17th

Time: 1:30 pm to 3:30 pm

Location: Riverton Clinic Boardroom

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. 18th

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. 31st

Time: 1:30 pm to 3:30 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 20th

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. 14th
Time: 6:00 pm to 8:00 pm
Location: Gimli Multi-Purpose Building, 17B
North Colonization Road
Registration Deadline: Jan. 29th

St. Georges:

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

Hollow Water:

Date: Wed, Jan. 17, 24, 31
Time: 1:00 pm to 3:00 pm
Location: Adam Hardisty Health Centre
Registration Deadline: Jan. 12th

Lac du Bonnet:

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

Stonewall:

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

Beausejour:

Date: Tues. Feb. 20, 27, and Mar. 6
Time: 6:00 pm to 8:00 pm
Location: HEW Primary Health Centre
Boardroom
Registration Deadline: Feb. 15th

Whitemouth:

Date: Wed, Apr. 11, 18, 25 (Tentative)
Time: TBA
Location: Whitemouth
Call Marilyn at 204-348-7191 for more info or
email her at msitar@ierha.ca



To get on a wait list for a program near you please email 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 for more information.

Heart Matters:

Heart Matters: Join us for a 2-hour presentation that will explore matters of the heart. FREE!

1. What does your heart desire? What is important to you? 1 hour session

- Our beliefs, values, and behaviors affect our physical and mental health. How does it all fit together? Do you live your life according to what you value? How does stress and the different roles you have in your life play in to this? Activities will help you list your values in order of importance.
- Presented by Debbie Devigne, Mental Health Worker.

2. Nutrition and Activity for a healthy heart. 1 hour session

- The second part of the evening focuses on the newest scientific information available on eating and activity for your heart!
- Presented by Lisa Oliver and Karen Omichinski, Registered Dietitians

Beausejour:

Date: Tues. Feb. 6th

Time: 6:00 pm to 8:00 pm

Location: Network 4 Change, Early Years Room, 91-3rd St. S.

Registration Deadline: Jan. 31st



[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. 31st

To get on a wait list for a program near you please email 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. 16th

Time: 1:00 pm to 2:30 pm

Location: Gimli Recreation Centre

Registration Deadline: Jan. 15th

Gimli:

Date: Thurs. Feb. 15th

Time: 1:30 pm to 3:00 pm

Location: Gimli New Horizons

Registration Deadline: Feb. 12th

Gimli:

Date: Thurs. Feb. 21st

Time: 6:30 pm to 8:00 pm

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

Registration Deadline: Feb. 16th

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

Introduction to Managing Stress:

This hands-on, one hour session reviews stress and ways to reduce stress. Participants take part in practical stress busters! • Deep Breathing • Guided Imagery

Victoria Beach:

Date: Fri. Feb. 9th

Time: 1:00 pm to 2:00 pm

Location: East Beaches Seniors Scene, 2
Athea Rd.

Registration Deadline: Feb. 2nd



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. 30th

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. 26th

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 – 2nd Floor
Registration Deadline: Feb. 22nd



[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. 1st
Time: 1:30 pm to 3:00 pm
Location: Gimli New Horizons
Registration Deadline: Jan. 29th



[Kick the Habit – Taking a step to reducing and quitting smoking:](#)

Join Chronic Disease Nurse Sharlene Thompson to get information on the first steps to becoming **smoke free**. You can have a FREE one hour, private appointment to receive information on Quitting and Reducing Smoking. You can receive resources and information on programs to help you along the way.

[Beausejour:](#)

Date: Tues. Jan. 16th
Time: 1 hour appointments are available between 1:00 pm and 7:00 pm
Location: Beausejour Primary Health Care Centre (by hospital)
Registration Deadline: Jan. 12th
To Register: Call Sharlene at 204-268-7478



[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!

[St. Laurent:](#)

Date: Mondays, Jan. 22, 29, Feb. 5, 12, 26, and Mar. 5

Time: 9:30 am to 12:00 pm

Location: St. Laurent Health Centre

To Register: Contact Darlene McKay at St. Laurent Seniors Resource Coordinator, 204-646-2504. Ext. 4

[Snow Shoes in Lac du Bonnet & Pinawa:](#)

Why not add snow shoeing to your leisure time activity? Winnipeg River Recreation has snow shoes that you can borrow both in Lac du Bonnet and in Pinawa at **NO COST** during our regular office hours.

Men's, women's and youth sizes available.



To borrow snow shoes call the Winnipeg River Recreation Commission at 204-753-5104 or 204-345-8816, or email wrrdcom@gmail.com.



[Lifestyle Modification Series:](#)

This is a six week series - the first four weeks cover smoking cessation, week five covers meal planning and healthy eating, week six will cover stress reduction. There will be giveaways every week!!!! Everyone is welcome!!! Free program!

[Teulon:](#)

Dates: Six Tuesdays from Jan. 9th to Feb. 13th

January 9th - A Prime Time to Butt Out

January 16th - Let's have a plan

January 23rd - health Effects and the upside of smoking

January 30th - How to Quit

February 6th - Healthy Meal Planning

February 13th - Stressed Out...Learn how to lessen that

Time: 1:00 pm to 2:00 pm

Location: Teulon Library

To Register: Call June Makowski, 204-866-3648

[Winter Cooking for Comfort:](#)

Feel good recipes that are also good for you. Our cozy casseroles, healthier meatloaf, creamy mac and cheese, lighter lasagna and more classic comfort food recipes are healthier versions of the classics. Receive new recipes and learn how to substitute for your family favorite. Bring an apron and cook a few new recipes (recipes will vary from above.)

[Beausejour:](#)

Date: Tues. Jan. 30th

Time: 6:00 pm to 8:00 pm

Location: Ecole Edward Schreyer School

Registration Deadline: Jan. 23rd

Cost: \$15

To Register: Call Megan, 204-268-9266 ext. 3. A partnership between the Beausejour Brokenhead River Recreation Office and the Interlake-Eastern Regional Health Authority.



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

Family and Friends Funspiel: January 6th

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.

[Culinary Herbs:](#)

Join Assiniboine Park staff for an interactive program in our community!

Learn to identify your herbs and find out which ones make tasty treats. Everyone will have the option of making their own creation and growing an herb of their own.

Hands-on activities.

NOTE: Space is limited and pre-registration and pre-payment are required.



[Pinawa:](#)

Date: Sat. April 7th

Time: 11:30 am to 12:30 pm

Location: Pinawa Senior School Multipurpose Room

Registration Fee: \$15/person, \$25/couple or \$40/family

To Register: Call the Winnipeg River Recreation Commission at 204-753-5104 or 204-345-8816, or you can email wrrdcom@gmail.com

