

Community Wellness Team

Interlake-Eastern Regional Health Authority

Schedule of Classes and Events

Ongoing Summer, Fall, Winter & Spring Sessions

Schedule may change at any time

FEB 2018

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Interlake–Eastern
Regional Health Authority

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.



Beausejour:

Date: Mon. Mar. 5th (Class One), Mon. Mar. 12th (Class Two), & Mon. Mar. 19th

Time: 1:00 pm to 3:00 pm

Location: Primary Health Care Centre (by hospital)

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

Selkirk:

Date: Mon. Feb. 12th (Class One) and Mon. Feb. 26th (Class Two)

Time: 9:30 am to 12:00 pm

Location: Primary Care Boardroom, 2nd Floor, 237 Manitoba Ave.

Oakbank:

Date: Mon. Feb. 12th

Time: 9:00 am

Location: KinPlace Health Centre

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.
○ Feb. 23rd

• **Lac du Bonnet**

Health Centre Classroom
Last Monday of the month
10:00 a.m. – 11:00 a.m.
○ Feb. 26th

• **Pinawa**

Hospital Boardroom
Last Thursday of the month
10:00 a.m. – 11:00 a.m.
○ Feb. 22nd

• **Victoria Beach**

Seniors Scene, 3 Ateah Rd.
Last Monday of the month
2:00 pm to 3:00 pm
○ Feb. 26th

• **Whitemouth**

Whitemouth District Health Centre
Meeting Room
10:00 a.m. – 11:00 a.m.
○ Feb. 21st

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. Mar. 5th

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



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

Feeding Your Baby – Intro to Solids:

Do you have questions about feeding your growing baby? A registered dietitian will answer your questions about introducing solids to your baby. You are more than welcome to bring your baby.

Stonewall:

Date: Wed. Feb. 28th

Time: 10:00 am to 11:30 am

Location: Stonewall Hospital MPR



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



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

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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

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

Pine Falls:

Date: Thurs. Feb. 15, 22, Mar. 1
Time: 6:00 pm to 8:00 pm
Location: Pine Falls Primary Health Care
Centre, Bear Meeting Room
Registration Deadline: Feb. 9th

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



Self-Management – Free! Programs and Resources:

Most of the time we spend dealing with our health or health conditions is not spent in the health care provider's office, but in how we live every day. Learn about FREE programs and classes to help you be healthy, stay healthy, & manage health conditions. You can take more control of your health! (Blood pressure checks also available). **Registration not necessary. For more information call Marilyn at 204-348-7191, ext. 4240.**

Hadashville:

Date: Wed. Feb. 7th

Time: 1:00 pm

Location: Hadashville Community Hall

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



"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: Thurs. Feb. 15th
Time: 1:30 pm to 3:00 pm
Location: Gimli New Horizons
Registration Deadline: Feb. 12th

Gimli:

Date: Tues. Feb. 21st
Time: 6:30 pm to 8:00 pm
Location: Gimli Multi-Purpose Building, 17B
North Colonization Road
Registration Deadline: Feb. 16th

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

Teulon:

Date: Tues. Feb. 13th
Time: 1:00 pm to 2:30 pm
Location: Teulon Library

St-Georges:

Date: Wed. May 16th
Time: 6:00 pm to 7:30 pm
Location: Bibliothèque Allard Library

Victoria Beach:

Date: Fri. Feb. 23rd
Time: 1:00 pm to 2:00 pm
Location: East Beaches Seniors Scene, 2
Athea Rd.
Registration Deadline: Feb. 2nd



[Introduction to Mindfulness:](#)

Part of the Practical Relaxation Series: This hands-on one hour session reviews ways to reduce stress. We look at mindfulness, which is about focusing awareness on the present moment. Participants take part in practical stress busters! • Mindfulness of Breath • Body Scan

[St-Georges:](#)

Date: Wed. May 23rd

Time: 6:00 pm to 7:30 pm

Location: Bibliothèque Allard Library

[Reframing our Thoughts:](#)

Part of the practical relaxation series. Our thoughts and beliefs about an event can influence our feelings and actions. We'll take a look at challenging negative thinking and faulty beliefs. Improve your mood by learning to think in a flexible and more balanced way.

[St-Georges:](#)

Date: Wed. May 30th

Time: 6 pm to 7:30 pm

Location: Bibliothèque Allard Library



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, Feb. 6, 13 (3rd date TBA)
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



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 Family Fun Day in Lac du Bonnet,

From Noon to 4:00 pm, Monday Feb. 19th, Louis Riel Day!,

At the Lac du Bonnet Town Dock & Lac du Bonnet Community Centre:

Family-Friendly, FREE activities in Lac du bonnet.

Activities at town dock:

- Free Public Skating
- Bonfire
- Wacky Sled Race
- Ice Fishing
- Snowshoeing
- Snow Painting
- Smoosh Races
- Sleigh Rides
- Outdoor obstacle course

At the Community Centre:

- Cornhole competition (beanbag toss)
- Crafts
- Free Family Bowling
- Blindfolded Cookie Decorating Contest
- Rhythmic Gymnastics Demonstration
- Fit Kids Parent & Child Play Zone

Everyone's invited, no need to register!

For more information contact Winnipeg River Recreation at 204-345-8816 or 204-753-5104.

www.wrrd.ca

Standard First Aid with CPR Level C (Adult, Child, & Infant) and AED:

Comprehensive first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillator (AED).

2 full days

Also available:

Emergency First Aid with CPR Level C and AED - Basic one-day course - February 21

CPR Level A (Adult) & AED - Half day program - February 21

Pinawa:

Date: Saturday & Sunday, Feb. 10th and 11th

Time: TBA

Location: Winnipeg River Recreation

Registration Deadline: 2 weeks before

Cost: TBA

To Register: Winnipeg River Recreation Commission

204-753-5104 or 204-345-8816,

wrrdcom@gmail.com, please see www.wrrd.ca/programs for up-to-date information



Standard First Aid with CPR Level C (Adult, Child, & Infant) and AED:

Comprehensive first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillator (AED).

2 full days

Also available:

Emergency First Aid with CPR Level C and AED - Basic one-day course - Wednesday, April 11

CPR Level A (Adult) & AED - Half day program - Wednesday, April 11

Lac du Bonnet:

Date: Saturday & Sunday, April 14th and 15th

Time: TBA

Location: Winnipeg River Recreation

Registration Deadline: 2 weeks before

Cost: TBA

To Register: Winnipeg River Recreation Commission

204-753-5104 or 204-345-8816

wrrdcom@gmail.com, please see www.wrrd.ca/programs for up-to-date information

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. Mar. 20th

Time: 6:00 pm to 8:00 pm

Location: Ecole Edward Schreyer School

Registration Deadline: Mar. 13th

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.



[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

[Pelvic Floor Health—Remediation and Prevention](#)

This free seminar is for all men and women of all ages, including the following:

- anyone who would like to **avoid the common causes of incontinence** in their senior years
- anyone who experiences **stress incontinence** (dribbling when you cough or sneeze) or **bladder urgency**
- new moms (**bearing children** is a risk factor for pelvic floor problems in the future)
- anyone who has been advised that they would be helped by **bladder lift surgery** (come hear why it may be worth your while to try pelvic floor physiotherapy first)

[Warren:](#)

Date: Tuesday, May 15th

Time: 7:00 pm to 9:00 pm

Location: Warren Memorial Hall on MacDonald Avenue (across from the Fire Hall)

Cost: Free

Registration: Please call 204-322-5120 by May 12

Refreshments courtesy of Health on Wheels, a sub-committee of the Interlake Community Development Corporation

