



Community Health & Wellness Programs - April 2017
613-930-4892 ext. 229

Call **613-930-4892 ext. 229** for more information or to sign up for our Programs. All programs are free with the exception of the Green Food Box. Kindly leave your name, phone number and the name of the program you are interested in. Your call will be returned as soon as possible.

Stress Management Program

- Stress can never be eliminated from our lives, but it can be managed so that it does not affect our health. Six-session course teaching skills to better manage stress, including breathing and muscle relaxation techniques, assertive communication skills and changing negative thinking.

Living Well with COPD

- Have you heard the letters COPD and wondered what they mean? Have you been told you have a breathing problem? Join Living Well with COPD. This is a six-week program for people with COPD and their families to learn to better manage this condition.

Living a Healthy Life with Chronic Conditions

- A six-session self-management course giving you the tools to live a healthy life!
- Understand and manage symptoms; start making lifestyle changes; communicate effectively with your health care team, make daily tasks easier, set goals and problem solve, take action and live a healthy life!

Better Choices, Better Health®

- FREE**, highly interactive, six-week online workshop designed to help people with chronic health conditions overcome daily challenges and take control of their health. This program can help participants living with chronic conditions manage their illness by developing a plan to deal with the challenges of an ongoing health concern or disability.
- For more information and to register online visit www.ontarioselfmanagement.ca

Healthy You

- This is a four-week group program with a one-month follow-up that will help you change your lifestyle and manage your weight through healthy eating and physical activity. Led by our Registered Dietitian and our Exercise Specialist.

Balance For Life! Program for Older Adults

- Exercise in a group setting; reduce risk of injury from falls and improve your fitness level.
- Have fun as you build muscle strength, increase bone density while improving your balance!
- Education and information provided in partnership with the Eastern Ontario Health Unit.

Wellness Walkers

- Join us as we meet every Tuesdays and Thursdays at 9:00 am to walk outdoors in Lamoureux Park. Enjoy the health benefits of physical activity in the fresh air while we stroll along the beautiful St. Lawrence River in the company of friends. On the last Tuesday of each month the group meets at SVCHC to pick prizes and walk down Pitt Street.
- Program runs from Tuesday May 2, 2017 to Thursday September 14, 2017.

Green Food Box (GFB)

- Enjoy a box of fresh fruits and vegetables for \$15. Order by the 1st Friday of every month.
- Pick up your box on the 3rd Wednesday of the same month. www.greenfoodbox.ca
- As of September, 2016, we only offer the \$15 Green Food Box.

Cooking out of the Box

- Learn to make new recipes with fruits and vegetables from the Green Food Box.
- Held every month on Green Food Box pick-up day, 3rd Wednesday of the month.



***Looking to quit smoking? www.myquit.ca**



Social Drop-in and Luncheon

- First Thursday of every month, 10:00 a.m. – 1:00 p.m. A healthy lunch is provided.
- Any past participants of SVCHC groups or anyone interested in finding out more about our groups are invited to drop in. Come meet new friends!

Cooking for One Nutrition Program

- This six-week program focuses on planning and preparing meals for one (or two). Session topics include how to eat a healthy balanced diet, shopping for healthy foods, spending less on groceries and storing food safely. Enjoy all in the company of new friends.

LGBTQ Social Gathering (Lesbian, Gay, Bisexual, Transgendered, Queer)

- First Thursday of every month, 5:00 – 7:00 p.m.
- Allies and family members welcome too. Support, education and resources provided in a safe environment. Find us on Facebook! Search LGBTQ Cornwall SDG to join our group.

LGBTQ Gathering for Youth and Young Adults

- Third Thursday of every month, 5:00 – 7:00 p.m.
- Support, education, activities and fun geared to youth within a safe environment.
- Find us on Facebook! Search LGBTQ Cornwall SDG to join our group.

Lung Health Program

- Have your COPD/asthma care managed by a Nurse Practitioner and Respiratory Therapist. Learn more about lung disease, medications & how to prevent attacks. Have your lung function measured through spirometry.
- Call **613-936-0306** and speak with reception (press 5) for more information.

Diabetes Education Program (offered at 841 Sydney St)

- If you have pre-diabetes or just discovered you have diabetes, learn how to live a healthy life. Sessions are led by a Registered Nurse & Registered Dietitian. For more information, call **613-937-0478**

Walk In Counselling Clinic (no referral needed)

- The Walk-In Counselling Clinic offers no-fee, single-session counselling services to individuals, couples and families on a first-come, first-served basis every Thursday from 1:00 to 8:00 pm (last session at 6:30 pm). Located at 26 Montreal Road, call **613-932-4610**. Everyone welcome!

Telemedicine Appointments

- Telemedicine uses video conferencing and other electronic equipment to connect you to specialists, so that you will not have to leave your home community. This reduces time, cost and stress associated with travelling to an appointment. Call **613-936-0306 ext. 108** for information.

Primary Care Outreach to Seniors

- Works in collaboration with health professionals and other agencies to reduce isolation and support high risk seniors, aged 65 and older, living at home. Offered at no cost to the client, in English, French and a variety of other languages with the assistance of a cultural interpreter.
- Referrals are accepted from any source. To enquire about this program, call **1-844-726-5115**.

Cardiac Rehabilitation Program

- A partnership between the University of Ottawa Heart Institute, Seaway Valley Community Health Centre and the Ontario Telemedicine Network is helping residents from Cornwall and area who are living with heart disease receive rehabilitation care they require to live a healthier life, speak to your doctor about a referral. Call **613-936-0306 ext.106** for more information.

Volunteer with us!

- Share your skills and passions. Opportunities exist in many areas to support our programs, from helping with fall prevention classes to peer support and walking leaders. Find out more by contacting Corrie at **613-930-4892 ext 152**



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