



Community Health & Wellness Programs – Winter 2019
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.

Powerful Tools for Caregivers

- Are you currently caring for a friend or family member? Are you feeling overwhelmed and stressed? Do you want to connect with others who are living with similar challenges?
- This six-week workshop offers tools and strategies to better handle the unique challenges faced by those caring for others. This program focuses on taking care of you: the caregiver.

Living a Healthy Life with Chronic Pain

- If you live with chronic pain, this six-week program may help you improve your quality of life.
- Subjects covered include how to deal with frustration, fatigue, isolation, poor sleep; exercises to improve your strength, flexibility and endurance; and learning how to pace activity and rest.

Get W.I.T.H it! (Walking in the Halls) Heart Wise Walking Program

- Join us at the Cornwall Civic Complex every Tuesday and Thursday from 9:00 a.m. – 11:00 a.m.
- A free Heart Wise walking program offered in partnership with the University of Ottawa Heart Institute, the Heart & Stroke Foundation and the City of Cornwall. Program runs from October 9th, 2018 – March 28th 2019.

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.

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 Health Promoter.

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; make lifestyle changes; communicate effectively; health care team, make daily tasks easier, set goals and problem solve, take action and live a healthy life!

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.

Cooking for One Nutrition Program

- This eight-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.

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



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

seawayvalleychc.ca



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.

Social Drop-in and Luncheon

- First Thursday of every month, 11:00 a.m. – 2:00 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!

Stretching Your Family Food Dollar

- Budgeting and cooking skills come together for this 6-week program that teaches participants how to create wholesome and cost-effective meals for the whole family.
- Session topics include money saving tips and tricks, meal planning with weekly flyers, cooking skills, and how to set a food budget.

LGBTQ+ Drop In Program

- January 17th 2019 and then the 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.
- ** Please note that the youth group is currently on hold but everyone is welcome to attend all ages 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 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**



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

seawayvalleychc.ca