



**Community Health & Wellness Programs – Winter 2020**  
**613-930-4892 ext. 229 or 1-888-936-0306 ext. 229**

*Call for more information or to sign up for our programs. Your call will be returned as soon as possible.*

\*\*\*\*\*

**Yoga and Meditation**

- This introduction to yoga is a six-week program suitable for those new to yoga. This program is slow paced with time taken to explain the poses, provides an introduction to connecting breath with movement and has an optional guided meditation at the end of each session suitable for all levels.

**Healthy You**

- An eight-week group program to improve your health and manage your weight. Topics include: healthy eating, meal planning, grocery shopping, label reading, mindfulness, emotional eating, and physical activity. Followed by optional individual sessions. Led by our Registered Dietitian and our Health Promoter.

**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!

**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.

**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.

**Heart Healthy Eating**

- A 2-hour workshop that will teach you how to prevent and manage cardiovascular disease (including heart attack, stroke, heart failure, high cholesterol, and hypertension) through healthy eating.

**IBS Nutrition 101**

- A 2-hour workshop that focuses on managing your IBS symptoms through food and nutrition. Topics include understanding Irritable Bowel Syndrome and the accompanying gastrointestinal symptoms, potential food triggers, the importance of fibre, and other tips to manage your symptoms and improve your quality of life.

**Non-Alcoholic Fatty Liver Disease (NAFLD): Nutrition 101**

- A 2.5-hour workshop for people with a diagnosis of NAFLD. Topics Include: the role of the liver in the body, what is NAFLD, how to manage NAFLD through lifestyle changes, and healthy eating recommendations.

**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 15<sup>th</sup> 2019 – March 26<sup>th</sup> 2020.



**\*Looking to quit smoking? [myquit.ca](http://myquit.ca)**

[seawayvalleychc.ca](http://seawayvalleychc.ca)



**Community Health & Wellness Programs – Winter 2020**  
**613-930-4892 ext. 229 or 1-888-936-0306 ext. 229**

*Call for more information or to sign up for our programs. Your call will be returned as soon as possible.*

\*\*\*\*\*

**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 strengthen muscle and bone all 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.

**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 four-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**

- First Thursday of every month, 5:00 – 7:00 p.m. All ages welcome: Youth, young adults, older adults. Family members and allies welcome too. Support, education, resources and system navigation provided in a safe environment. We are also 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 1-888-936-0306 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 **1-888-936-0306 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.
- 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 **1-888-936-0306 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](http://myquit.ca)**

[seawayvalleychc.ca](http://seawayvalleychc.ca)