

**Community Health & Wellbeing Programs - Fall 2020  
Virtual & In-Person - COVID-19**

613-930-4892 ext. 229 or 1-888-936-0306 ext. 229

Leave us a message or email [programs@seawayvalleychc.ca](mailto:programs@seawayvalleychc.ca) for more information on our programs

**Register Now at: [seawayvalleychc.ca/program-registration/](https://seawayvalleychc.ca/program-registration/)**

**Healthy You! - Virtual**

- An eight-week virtual group program focused on helping you make healthy lifestyle changes and improve your relationship with food. Topics include: debunking diet culture, emotional and mindful eating, learning the basics of nutrition, label reading, building balanced meals, and meal planning. Followed by a 3-month group check-in. Led by our Registered Dietitians.

**Heart Healthy Eating - Virtual**

- 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 - Virtual**

- 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 - Virtual**

- 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.

**Cooking for One Demo Program - Virtual**

- This eight-week cooking program focuses on planning and preparing meals for one (or two). Our Registered Dietitians will lead each session by demonstrating how to make a different meal for one (or two), followed by a group discussion on a different topic each week.
- Session topics include how to eat a healthy balanced diet, shopping for healthy foods, spending less on groceries, and storing food safely. Ingredient lists will be sent out in advance for those who would like to make the meal alongside the Dietitians in the comfort of their own kitchen (optional, not required).

**Stretching Your Family Food Dollar - Virtual**

- 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. Led by our Registered Dietitians and contains food demonstrations.
- Session topics include money saving tips and tricks, meal planning with weekly flyers, cooking skills, and how to set a food budget.

**Living a Healthy Life with Chronic Conditions - Virtual**

- 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!
- Register through [www.selfmanagementontario.ca](http://www.selfmanagementontario.ca)

**Living a Healthy Life with Chronic Pain - Virtual**

- 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. Register through [www.selfmanagementontario.ca](http://www.selfmanagementontario.ca)

**Powerful Tools for Caregivers - Virtual**

- 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. Register through [www.selfmanagementontario.ca](http://www.selfmanagementontario.ca)





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**Stress Management Program - Virtual**

- 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 - Virtual**

- 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.



**LGBTQ+ Drop-In Program**

- Currently on hold! Stay tuned for news on new format.

**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.
- Call **1-888-936-0306** and speak with reception (press 5) for more information.

**Diabetes Education Program**

- 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 once a week. Please call **613-755-2277** for more information. Everyone welcome!  
<https://walkincounselling.com/>

**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**

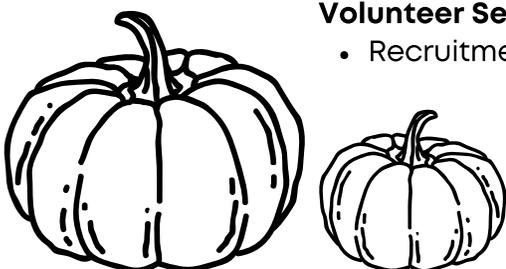
- Works in collaboration with health professionals and other agencies to reduce isolation and support high risk seniors, aged 65 and older, living at home.
- Referrals are accepted from any source. To enquire about this program, call **1-844-726-5115**

**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 Services**

- Recruitment is currently on hold! Stay tuned for more updates.



**Looking to Quit Smoking? [myquit.ca](https://myquit.ca)**

**[seawayvalleychc.ca](https://seawayvalleychc.ca)**