



Community Health & Wellbeing Programs - Spring 2021 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 for more information on our programs

Register Now at: seawayvalleychc.ca/program-registration/

Healthy You! - Virtual

- An eight-week group program focused on helping you make healthy lifestyle changes and improve your relationship with food and your body. Debunking diet culture, emotional and mindful eating, learning the basics of nutrition, label reading, building balanced meals, and meal planning.

Heart Healthy Eating - Virtual

- A workshop that teaches you how food and nutrition can help prevent and manage heart disease (including heart attack, stroke, heart failure, high cholesterol, and high blood pressure).

IBS Nutrition 101 - Virtual

- A workshop that focuses on managing your Irritable Bowel Syndrome (IBS) symptoms through food and nutrition. Topics include understanding your gut and how different foods can affect it, the role of fibre with IBS, and other tips to manage symptoms and improve quality of life.

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

- A workshop for people with a diagnosis of NAFLD (Fatty Liver, NASH). Topics include the role of the liver in the body, what is NAFLD, how food and nutrition can help manage NAFLD.

Diverticular Disease: Nutrition 101 - Virtual

- A workshop for those with a diagnosis of Diverticular Disease. Topics include understanding diverticular disease, the difference between diverticulosis and diverticulitis, nutrition management for diverticulosis and diverticulitis, and other lifestyle factors that can help with management of the disease.

Introduction to Mindful Eating - Virtual

- A workshop that teaches you what mindful eating is, why it's important, and how to start practicing it. Topics include an introduction to diet culture, the important role food plays in our lives, how to break the cycle of emotional eating, and steps to start practicing mindful eating today.

Cooking Basics - Virtual

- A cooking program for all ages with a focus on planning and preparing meals for one or two. Our Registered Dietitians and volunteers will lead each session by demonstrating how to prepare a meal, followed by a group discussion on different topics.
- Session topics include how to eat a balanced diet, how to shop for healthy foods on a budget, how to prepare and store food safely. Recipes 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

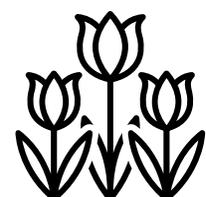
- Budgeting and cooking skills come together for this program that teaches participants how to create wholesome and cost-effective meals for the whole family. Session topics include setting a food budget, money saving tips, meal planning, grocery shopping and cooking tips.

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 with your health care team, make daily tasks easier, set goals and problem solve, take action and live a healthy life!

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.





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Wellness Walkers

- Enjoy the health benefits of physical activity in the fresh air while we stroll in Lamoureux Park, along the beautiful St. Lawrence River.
- Coming Summer 2021 - stay tuned for updates.

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.

LGBT2SQ Youth Drop-In - Virtual

- Open to youth aged 12-25 from Cornwall, Akwesasne, Stormont, Dundas, Glengarry, and Prescott-Russell.
- If you identify as asexual, bisexual, gay, gender-fluid, intersex, lesbian, pansexual, queer, questioning, transgender, or two-spirit, you belong here!
- This program is brought to you in partnership with the Eastern Champlain Youth Wellness Hub and Diversity Cornwall.

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.

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!

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 in 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

- 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 Linda at **613-930-4892 ext. 113**.

