



## **Community Health & Wellbeing Programs - Winter 2021**

### **Virtual or 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!**

- 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**

- 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**

- 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**

- 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**

- 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 the management of the disease.

#### **Introduction to Mindful Eating**

- 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**

- A cooking program for all ages with a focus on planning and preparing meals for one or two. Our Registered Dietitians 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.

#### **Stretching Your Family Food Dollar**

- 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.

#### **Infant Feeding Workshops**

- This two-part workshop series helps parents and caregivers learn how to successfully feed their baby throughout the first year of life: Part 1 (0-6 months) Part 2 (6-12 months)
- Topics include: when to introduce solids, first foods and textures, allergy prevention, feeding roles, preventing picky eating and more.

#### **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.

#### **Living a Healthy Life with Chronic Conditions**

- A six-session self-management course giving you the tools to live a healthy life!
- Learn how to understand and manage symptoms, communicate effectively with your health care team, set goals and problem solve and build an effective action plan.





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**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 manage stress, including breathing and muscle relaxation techniques, assertive communication skills and changing negative thinking.

**Powerful Tools for Caregivers**

- A six-session program that provides caregivers with tools and strategies to better handle the unique challenges they face.
- Learn to reduce stress, communicate effectively and make difficult caregiver decisions.

**Social Drop-In & Luncheon**

- A fun casual gathering for SVCHC clients to socialize, enjoy a healthy lunch and perhaps play games!
- For safety reasons, all participants must now register in advance to attend the program.

**2SLGBTQ+ Youth Group**

- If you identify as asexual, bisexual, gay, gender-fluid, intersex, lesbian, pansexual, queer, questioning, transgender, or two-spirit, you belong here! Open to youth aged 12-25 from Cornwall, Akwesasne, Stormont, Dundas, Glengarry, and Prescott-Russell.
- This program is brought to you in partnership with the Cornwall Youth Hub and Community Addictions and Mental Health Services.
- To register, text or call **613-577-7216** or connect with us on social media **@CornwallYouthHub**

**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.

**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 for more information.

**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. For more information, call **1-844-726-5115**.

**Cardiac Rehabilitation Program**

- An SVCHC partnership with the University of Ottawa Heart Institute and the Ontario Telemedicine Network to help residents from Cornwall and area who are living with heart disease receive the 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.

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

- As the weather gets colder and darker, participants will enjoy the benefits of walking in a warm and safe environment! All fitness levels are welcome.
- Held at the Cornwall Square Shopping Centre, every Tuesday and Thursday morning from 8:30-9:30 am from January 11 to March 31.

**Making Tracks Group Snowshoe Program**

- Making Tracks is a ten-week winter walking program, where participants snowshoe as a group at the Summerstown Trails.
- Snowshoe rentals are available. Participants of all levels are welcome!

