



## **Community Health & Wellbeing Programs - Fall 2023**

### **Virtual and In-Person**

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/)**

#### **Nutrition Workshops:**

- **Heart Healthy Eating + Cardiac Medication Basics:** A workshop that teaches you how food and nutrition can help prevent and manage heart disease, including high cholesterol and high blood pressure. Also, learn about common cardiac medications.
- **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 managing the disease.
- **Archived Workshops:** Some of our past workshops, including Stretching Your Family Food Dollar, Introduction to Mindful Eating, IBS Nutrition 101, and NAFLD Nutrition 101, have moved to our digital archive. For more information and access to the classes call **1-888-936-0306 ext. 229**.

#### **Healthy You!**

- A seven-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.

#### **Cooking Basics**

- A six-week in-person cooking program for all ages with a focus on planning and preparing meals for one or two. Session topics include planning and preparing balanced meals, shopping for nutritious foods on a budget, and preparing and storing food safely. Enjoy all in the company of new friends.

#### **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.

#### **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.

#### **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.

#### **Emotions & Me**

- A ten-week group program inspired by Dialectical Behavioral Therapy (DBT) to teach skills proven to regulate distress and emotions.

#### **Finding my Authenticity**

- An eight-week experiential group inspired by Acceptance and Commitment Therapy (ACT). ACT demonstrates building psychological flexibility in the face of circumstances we cannot control. The aim is to act in accordance with our own individual and meaningful values.

#### **Move 4 You!**

- A six-session program that will introduce you to low-impact cardio, strength and flexibility exercises.
- Learn how to enjoy exercise safely, about the Canadian Physical Activity Guidelines, how to monitor your exertion levels and modify exercises to suit your abilities.





## **Community Health & Wellbeing Programs - Fall 2023 Virtual and In-Person**

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/)**

### **Balance for Life**

- An exercise program for independent living that focuses on building balance and strength for greater health and wellbeing.
- Two levels of intensity are offered, “Start-up” (level 1) focuses on gentle movements and the activities of daily living, while “Step-up” (level 2) is more advanced and includes a faster-paced cardio component.

### **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 between 8 and 10 am from October 10 to December 14, 2023.

### **Social Program**

- An ongoing monthly program for participants to meet, socialize and enjoy activities. Held in the Community Room at SVCHC, or outdoors and off-site on occasion.

### **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.

### **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**.

### **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**

- A partnership with the University of Ottawa Heart Institute to help residents from Cornwall and the surrounding 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 **613-935-9927** 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**.

