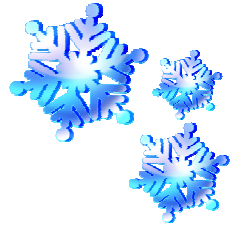


Diabetes and Heart Health Program Update *Winter 2012*



Diabetes & Heart Health Program celebrates its 1st anniversary

One year ago, the Diabetes and Heart Health Program began providing service in the Assiniboine RHA. Since then over 900 referrals have been received and more than 270 clinics have been offered in 21 communities. Education is offered in both individual and group sessions by registered dietitians, registered nurses and nurse practitioners. It's been a busy first year and we are looking forward to continuing to build the program in 2012.

Physical Activity and Diabetes

Physical Activity has many benefits to overall health and is an important part of diabetes management. Physical activity can improve blood sugars and insulin sensitivity. To help clients become more active, the Diabetes & Heart Health Program has developed a physical activity class that introduces resistance band exercises. This class will be offered in Minnedosa and Killarney this winter. For more information on the class, refer to the *Healthy Living Program and Class List* (attached).

Upcoming programs around the region...

Craving Change™ – Craving Change™ is a class series that helps participants develop a healthier relationship with food. The Assiniboine RHA is offering Craving Change™ in Killarney and Hamiota in January this winter. Spring programs will be held in Melita, Rossburn and Carberry.

Get Better Together! –Get Better Together! is a 6 week workshop for people with ongoing health conditions, such as type 2 diabetes, heart disease, arthritis, chronic pain, asthma, depression and cancer. Participants learn how to manage their health and set goals to live a better life. Get Better Together! series will be offered in Baldur, Neepawa, Souris and Russell this coming spring.

For more information or to register for any of these classes and programs, contact our toll-free number (1-877-509-7852).

Healthy Living Quarterly Update

In 2012, the *Diabetes & Heart Health Program Update* will undergo a name change to become the *Healthy Living Update*. It will continue to be sent out quarterly, providing updates including the *Healthy Living Program and Class List*.



Seasons Greetings!

The Diabetes & Heart Health Program Staff

Assiniboine RHA Diabetes & Heart Health Program

Phone: 1-877-509-7852 Fax: (204) 759- 4035

To receive the Diabetes & Heart Health Program quarterly update electronically, contact Tanis: email: tcoulson@arha.ca phone: 204-328-5269.

Enclosure: Assiniboine RHA Healthy Living Winter Program and Class List



Upcoming Assiniboine RHA Healthy Living Programs and Classes—Winter 2012

Please register 5 days in advance for any of these **FREE** programs.

Call our toll free line 1-877-509-7852

Sponsored by the Healthy Living Team

Craving Change™

An educational program that can help participants develop a healthier relationship with food



Winter Locations:

Killarney - Tri Lake Health Centre Multipurpose Room—Mondays Jan. 9, Jan. 16, Jan. 23, and Jan. 30. From 7:00 p.m.—9:00 p.m. **please call to register on or before Jan. 2

Hamiota - Hamiota Health Centre Board Room- Mondays Jan. 23, Jan. 30, Feb. 6, and Feb. 13. From 7:00 p.m.—9:00 p.m. **please call to register on or before Jan. 16

Optional Craving Change Participant Workbook will be available. Cost is \$5.00

There is no cost to attend, however, if you would like to participate, please register in advance by calling the ARHA Toll Free Line: 1-877-509-7822

Watch for Spring Craving Change Classes coming to Melita, Carberry, and Rossburn

Get Better Together!

Get Better Together! Will be offered in the Spring of 2012 in Baldur, Neepawa, Souris, and Russell.

Get Better Together! Is a six-week workshop for people with ongoing health conditions, such as type 2 diabetes, heart disease, arthritis, anxiety, chronic pain, asthma, depression, or cancer. Participants learn how to manage their health and set goals to live a better life.

Cholesterol Class

This session will help participants understand what cholesterol is, the target levels for cholesterol and help participants identify lifestyle changes to improve cholesterol levels.

January		
Location	Date	Time
Neepawa	Jan 10	6:30 pm-8:30pm
Virден	Jan 19	1:00 pm-3:00 pm
Minnedosa	Jan 25	6:30 pm-8:30pm

February		
Location	Date	Time
Killarney	Feb 1	10:00 am-12:00pm
Souris	Feb 2	10:00 am-12:00pm
Hamiota	Feb 8	1:00 pm-3:00 pm
Russell	Feb 10	1:00 pm-3:00 pm

March		
Location	Date	Time
Carberry	Mar 8	10:00 am-12:00 pm
Killarney	Mar 9	1:00 pm-3:00 pm
Neepawa	Mar 13	1:00 pm-3:00 pm
Virден	Mar 15	1:00 pm-3:00 pm
Hamiota	Mar 16	1:00 pm-3:00 pm

Please register 5 days in advance for any of these programs.

Call our toll free line 1-877-509-7852



Diabetes Class Series

NEW

Physical Activity

This session gives an introduction to resistance band exercises, which can be an important part of diabetes management. Please bring running shoes, comfortable clothes, glucose monitor, and drinking water.

February		
Location	Date	Time
Minnedosa	Feb 8	1:00 pm-3:00 pm



How Diabetes Works

This session covers how diabetes works by learning the role of the pancreas, insulin and glucose.

January		
Location	Date	Time
Killarney	Jan.4	10:00 am-12:00 pm
Hamiota	Jan.11	1:00 pm-3:00 pm
Carberry	Jan.12	9:45 am-11:45 am
Neepawa	Jan.24	1:00 pm-3:00 pm
Deloraine	Jan.27	1:00 pm-3:00 pm

February		
Location	Date	Time
Viriden	Feb.2	1:00 pm-3:00 pm
Killarney	Feb.10	10:00 am-12:00 pm
Souris	Feb 16	10:00 am-12:00 pm
Hamiota	Feb. 17	1:00 pm-3:00 pm
Minnedosa	Feb.22	1:00 pm-3:00 pm
Russell	Feb. 28	1:00 pm-3:00 pm

March		
Location	Date	Time
Killarney	Mar.21	1:00 pm-3:00 pm
Neepawa	Mar.27	1:00 pm-3:00 pm
Hamiota	Mar. 28	1:00 pm-3:00 pm

Healthy Eating and Keeping Active

This session is for those with diabetes, as well as those at risk for developing diabetes. The class covers healthy eating and physical

January		
Location	Date	Time
Souris	Jan 5	10:00 am-12:00 pm
Killarney	Jan 13	1:00 pm-3:00 pm
Russell	Jan 13	1:00 pm-3:00 pm

February		
Location	Date	Time
Carberry	Feb 9	4:00 pm-6:00pm
Neepawa	Feb 14	1:00 pm-3:00 pm
Killarney	Feb 15	6:30 pm-8:30 pm
Viriden	Feb 16	6:30 pm-8:30 pm
Hamiota	Feb 22	1:00 pm-3:00 pm
Deloraine	Feb 24	1:00 pm-3:00 pm

March		
Location	Date	Time
Russell	Mar 9	1:00 pm-3:00 pm
Minnedosa	Mar 14	1:00 pm-3:00 pm
Souris	Mar 15	1:00 pm-3:00 pm

Living with Diabetes

This session covers what diabetes is, the diabetes related lab tests, blood pressure and

January		
Location	Date	Time
Viriden	Jan 5	1:00 pm-3:00 pm
Minnedosa	Jan 11	1:00 pm-3:00 pm
Killarney	Jan 18	1:00 pm-3:00 pm
Russell	Jan 24	1:00 pm-3:00 pm

February		
Location	Date	Time
Neepawa	Feb 28	1:00 pm-3:00 pm

March		
Location	Date	Time
Souris	Mar 1	1:00 pm-3:00 pm
Viriden	Mar 1	1:00 pm-3:00 pm
Hamiota	Mar 14	1:00 pm-3:00 pm
Deloraine	Mar 23	1:00 pm-3:00 pm
Russell	Mar 27	6:00 pm-8:00 pm
Minnedosa	Mar 28	1:00 pm-3:00 pm