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## NANAIMO COMMUNITY HEALTH SERVICES

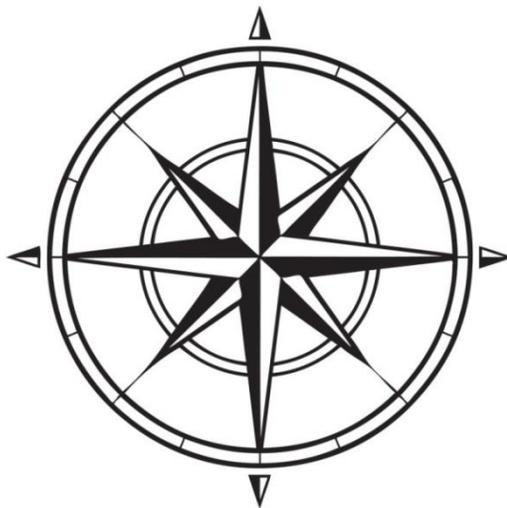
GUIDE TO HEALTH AND WELLNESS PROGRAMS - 2017

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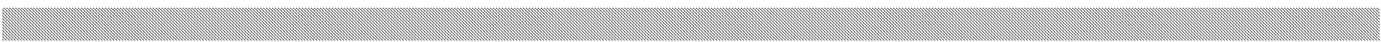
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**CLIENT AS COMPASS:** CLIENT DIRECTED CARE



**IT'S ABOUT WHAT MATTERS TO YOU**

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# HEALTH & WELLNESS PROGRAMS

## Welcome to Nanaimo Community Health Services

We are delivering a new way of health care services that relies on the client to be a partner in their own health in a respectful, safe place. The purpose of our health and wellness programs is to provide you with behavioral, lifestyle and change management support, community resources and collaboration to support self-management of your chronic conditions. All sessions embrace Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT). It's about "What Matters to You", not "What is the Matter with You?"

### HEALTHY LIFESTYLE ORIENTATION:

Join us for an orientation session to services provided by Nanaimo Community Health.

This session is available for anyone living with a chronic condition (e.g. heart disease, diabetes, COPD, chronic pain) who is interested in learning more about the free resources listed in this directory of services that can support self-management of health and wellness and improve quality of life.

Discussion is held during this session around what is a chronic condition, what it's like to live with a chronic condition and what is self-management.

**2 hour session**



### CHRONIC CONDITION SESSIONS:

These information, education and discussion sessions will enable you to make the best decisions for your health. **These are two-hour themed sessions facilitated by various healthcare professionals:**



**Pre-diabetes 101:** Have you heard of/have been told you are at risk of pre-diabetes/ have a family history of diabetes? Topics discussed include lab work, medications, nutrition, physical activity, weight, stress and how to decrease your risk of developing diabetes.



**COPD 101:** Have you been diagnosed with chronic obstructive pulmonary disease (COPD) or have a history of smoking and may be at risk of developing this condition? Topics discussed include COPD overview, symptoms, medications, exacerbation/flare up management, physical activity, smoking, emotional health and home health monitoring.



**Heart Health Navigation:** Are you living with cardiovascular disease (heart disease) or at risk of developing this condition? Topics discussed include blood pressure, cholesterol, weight, smoking, physical activity, stress and how to reduce your risk.

### Living Well with Heart Failure:

Heart failure is when your heart is not pumping as strongly as it should – there are many causes for this reduced heart function. This class will help you learn about your heart failure and what you can do to live well with this condition. You will learn how to live well by increasing your confidence, knowing when to seek help, preventing or limiting complications and improving your quality of life. Topics discussed include heart failure overview, medications, symptom management, salt and fluid intake, emotional health and home health monitoring. The purpose of the session is also to empower you to identify other aspects of your lifestyle that may need support in order to improve the overall quality of your life, despite living with this chronic condition.

### HOME HEALTH MONITORING:

This is a service to support people living with heart failure and/or COPD to manage their condition from the comfort of their home. There is no cost for this service. Tools are provided to help you manage your heart failure or COPD : blood pressure monitor, weigh scale, pulse oximeter. Talk with your clinician to discuss and access this resource.



## LIFESTYLE SESSIONS:

### WEIGHT MANAGEMENT

Are you fed up with yo-yo dieting? Would you like to learn to make long term lifestyle changes in order to achieve a healthier weight? If you answered yes to these questions then Community Health Services offers three programs that can support you to be successful with your health goals. You can choose from any or all of the following programs in any order: **Lose Weight for Life, Craving Change™** and **What Matters to You**.

### LOSE WEIGHT FOR LIFE

This program is a guide to help you to make and maintain a healthier and more fulfilling life. It will help you to focus on the most important aspects of well-being. This is a lifestyle centered course where one of the goals is to dispel the myth that an ideal weight is the primary focus for optimal health and happiness.

**1 ½ hours for 4 weeks**

### CRAVING CHANGE™

This program is a "how-to-guide for changing your relationship with food". Understand WHY we eat the way we do. Learn about the many roles that food plays in our lives and how to modify our eating behaviours. Explore practical strategies to deal with cravings and emotional eating. Discussion held around food related habits and how to create a healthier relationship with food using skills provided in this program. A comprehensive workbook is supplied.

**2 hours for 4 weeks**

### WHAT MATTERS TO YOU?

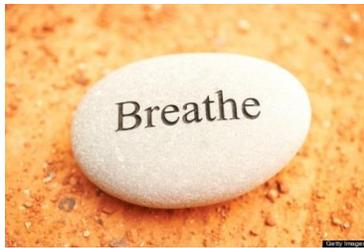
If you feel stuck, are unable to make the changes you want, are tired of struggling and feeling frustrated then let's work together to identify your core values, what motivates you and how you can deal with your thinking and emotions that sabotage your best efforts. Learn to live life with awareness: taking conscious action open to experience and fully engage in whatever you are doing or trying to change.

**2 hours for 5 weeks**

### HEART MATTERS

This program is for anyone who has had a heart event (heart attack, open heart surgery, angina, angioplasty/stent) and would benefit from lifestyle education. If you also have a personal history of any of the following, this program will benefit you: high blood pressure, abnormal cholesterol, diabetes, overweight, smoking history, inactivity and stress. Topics discussed include understanding how your heart functions, what causes heart disease, blood pressure management, cholesterol management, medications and complementary medicine, and overall risk factor reduction. This program is facilitated by a Cardiac Nurse, Social Worker, Pharmacist and Physician.

**2 hours for 4 weeks**



### STRESS MANAGEMENT AND RELAXATION TECHNIQUES

Scientific studies have shown that psychological stress may worsen the symptoms of almost every known medical condition. If you want to lower your stress level in a matter of minutes, there are techniques you can learn that are all relatively fast-acting. Relaxation isn't just about peace of mind or enjoying a hobby. Relaxation is a process that decreases the effects of stress on your mind and body. These sessions take place in a group setting where participants are encouraged to invest some time in learning and practicing the steps of relaxation in order to improve your well-being. Relax. You deserve it, it's good for you, and it takes less time than you think.

**2 hours for 4 weeks**

### LIVING WELL WITH COPD PROGRAM (LWWCOPD)

This is an **8 week program** that helps you adopt healthy lifestyle changes which in turn helps improve management of COPD (Chronic Obstructive Pulmonary Disease). The topics include:

- What is COPD and how does it affect my lungs?
- How to manage breathing with breathing exercises and how to conserve energy
- The importance of exercise with COPD and how to incorporate it into your life
- How to eat healthy, get proper sleep and keep your immune system healthy
- How to prevent respiratory infections and how to use an action plan
- What are my inhaled medications and how do I use them properly?
- Management of stress and anxiety

**2 hours for 8 weeks – requires referral**

### SMOKING CESSATION

This program includes 4 weekly group counseling sessions. We are not here to judge, but to support you to increase your awareness of your habit. You will learn more about the chemical and psychological aspects of nicotine addiction. You will identify the reasons why you smoke, why you want to quit, your triggers and learn new and healthier alternatives. In week four, you will be ready to break free from nicotine addiction for good. Follow up support

provided by [quitnow.ca](http://quitnow.ca)

**2 hours for 4 weeks**

## LIFESTYLE SESSIONS:

### SLEEP WELL

Sleeping pills don't cure insomnia because they don't treat the root causes of insomnia. Consequently, if insomniacs rely on sleeping pills, their sleep may improve while they take medication, but insomnia will usually return if they stop taking the medication or the medication can stop working, thereby sustaining the cycle of insomnia and sleeping pills. Research is showing just how important a good night's sleep is to our overall health and well-being. Join us in this program to find out what your external causes of insomnia are and *learn* to Sleep Well again.

**2 hours for 4 weeks**

## NUTRITION SESSIONS:

Appropriate for anyone wanting to learn the basics about nutrition for the first time or for those that need a refresher. Bring your questions and food labels for great discussion. ***There are four, two-hour themed sessions to choose from:***

### SKINNY ON FATS AND SODIUM

Overview of heart healthy eating provided. Discussion around how to modify nutritional intake to lower blood cholesterol, triglycerides and blood pressure. Review of "healthy fats" and "unhealthy fats" and how to reduce total dietary fat. Discuss which foods are high in sodium and how to reduce sodium intake to a healthy level.

### CARBOHYDRATES AND BLOOD SUGARS

Discusses the impact that carbohydrate and other nutrients have on blood sugar control. Learn about the types of carbohydrate in foods to include sugars, starch and fibre and which foods contain these. Learn practical ways to achieve a nutritional intake that is optimal for blood sugar control. Explore glycemic index and how you can use it to control blood sugars, hunger, cravings and mood.

### ANTI-INFLAMMATORY EATING

Inflammation is thought to be one of the underlying factors contributing to many chronic conditions. Are there any foods shown to help reduce inflammation within our bodies? Learn about the components of anti-inflammatory eating to include glycemic index, anti-oxidant containing foods, plant proteins and dietary fats. Learn practical ways to achieve a nutritional intake that is optimal for chronic pain, weight management, heart disease, diabetes and many other medical conditions.

### HEALTHY EATING ON A BUDGET

Are you wondering how to get the most out of your food dollar? Not sure how to achieve a healthy balanced meal on a budget? Learn about healthy affordable foods and meal planning on a budget. Practical tips will be provided on grocery shopping budgeting, cooking for families or cooking for one to two people. Overview provided of Nanaimo specific resources for achieving healthy eating on a budget.



### PHYSICAL ACTIVITY SESSIONS:

Are you in need of increasing your activity, strength and/or balance? Attend a group exercise orientation session with an exercise specialist to discuss your suitability of the following sessions:

### LEARNING TO EXERCISE AGAIN

Created especially for the beginner and for those with limitations and/or health restrictions. This FREE class has gradual progressions, levels and modifications and stresses listening to your body and working at your own pace. This class is led by a certified instructor for you to ask questions

and guide you in a safe workout. Using chair work and standing beside a chair you will develop and work on your balance, core, flexibility and strength. There is no cardio in this program.

### CHAIR YOGA (INSPIRED)

Are you looking for a FREE class that incorporates gentle yoga inspired moves, breathing and stretches to increase your flexibility while moving your body safely? Chair yoga (inspired) uses chair and standing poses and positions, moving in a slow and relaxed manner to help you relax, stretch and listen to your body. Progressions are given for those familiar with this type of exercise and modifications applied for health concerns, tight muscles and beginners – so everyone feels safe and can work with their body slowly and gently.

### CIRCUIT TRAINING

Are you looking for an intermediate exercise program? Come and try this FREE cardio, core, strength and flexibility circuit class run by Community Health trained volunteers. Our Personal Trainer, Tara McNeil has developed complete interval workouts that are rotated to keep this class fun and interesting. It is a 'work at your own pace' class that works on all areas of fitness and ends with a great stretch in a chair. You need to have an orientation with Tara before starting the class – then you will have great form and tips to make this a fabulous workout for you. The volunteers are there to assist you if you have any questions and to lead you in core and stretching work.

To email Tara: [tara@theshapeyouarein.com](mailto:tara@theshapeyouarein.com)

**Please contact us if you would like to discuss and/or make suggestions to help improve programs to meet clients' needs. We value all opinions.**

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