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# **Improving Health: My Way**

POSTED BY QALIPU ON JANUARY 15, 2018



#### Are you looking to improve your health?

Qalipu First Nation has partnered with Western Health to provide you with the opportunity to improve your health and join in cultural sharing, smudging, talking circles, and more!

#### **Program Details:**

**Improving Health:** *My Way* is a fun and interactive program that teaches easy-to-use skills to help improve your overall health and wellbeing. This **FREE** program has helped many people to better manage their own wellness and live healthier lives. It can help you too!

Join a group session with two trained leaders for 2½ hours a week for six weeks. The goal of the workshop is to help you take control of your health. Anyone with a health concern or condition is welcome, and you may bring a family member or friend.

#### Location: Qalipu First Nation Community Room

Majestic Premises, 1 Church Street Corner Brook February 6th – March 12th, 2018 7:00pm-9:30pm (Tuesday evenings) Everyone is welcome!

#### \*Registration required

To register please call (709)-637-5000 ext. 6689 or email susanmadore@westernhealth.nl.ca

# Improving Health: My Way

A self-management program for people living with chronic conditions.

Would you like to know how to better manage your own health? Do you have a chronic condition? Self-management for people with chronic conditions can help you learn to be healthier.

# What is a selfmanagement program?

A six session workshop for people living with chronic conditions.

The program can help you:

- Manage fatigue or tiredness
- · Learn how to eat healthier
- · Deal with frustration, depression, pain or isolation
- · Start to become more active and/or maintain an exercise program
- Develop problem solving skills
- Communicate with family / friends / health care providers
- · Get more out of life!

# Workshop features:

- . The workshop is offered free of charge.
- . The workshop is taught by two trained leaders, one or both of whom have a chronic condition.
- · Registration is required as each workshop size is limited.
- The workshop complements other programs such as diabetes education or cardiac rehab.
- · This workshop offers a variety of skills so peope can choose the ones they want to use.

### **Session Content:**

# Session 1:

- · The Mind-Body Connection & Distraction
- · Getting a Good Night's
- Introduction to Action Plans

#### Session 2:

- · Feedback and Problem-Solving
- · Dealing with Difficult **Emotions**
- Introduction to Physical Activity & Exercise
- · Preventing Falls and Improving Balance
- · Making an Action Plan

# Session 3:

- Feedback
- · Making Decisions
- · Pain and Fatigue Management
- · Endurance Activities
- Relaxation: Body Scan
- · Action Plans

### Session 4:

- Feedback
- · Better Breathing
- · Healthy Eating
- Communication Skills
- · Problem-Solving
- · Making an Action Plan

# Session 5:

- Feedback
- · Making Healthy Food Choices
- Medication Usage
- · Making Informed Treatment Decisions
- · Dealing with Depression
- · Positive Thinking
- · Action Plans

# Session 6:

- Feedback
- . Working with Your Health Care Professional & Health Care System
- · Weight Management
- · Planning for the Future

# Who can take part?

Anyone with a chronic health condition is welcome, and feel free to bring a family member or friend. The program has been helpful for people with the following conditions (as well as others):

- Arthritis
- Cancer
- COPD
- Congestive Heart Failure .
- Chronic Fatigue
- Chronic Pain
- Syndrome
- Crohn's and Colitis
- Diabetes
- Depression
- Emphysema
- Fibromyalgia
- · Heart Disease · Multiple
- High Blood Pressure
- High
  - Cholesterol
- Lung Disease
- - Lupus
- Sclerosis
- Neurological Disorders
- Obesity · Parkinsons
- Stroke
- Thyroid Disorder



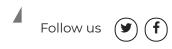
Contact Information NL Health Line 1-888-709-2929 or Contact your local self-management coordinator:

- Eastern Health 1-709-752-3946 or 1-866-880-8998
  Central Health 1-709-256-5690
- Labrador Grenfell Health 1-709-897-3130
  Western Health 1-709-637-5000 ext 6689

www.health.gov.nl.ca/health ImprovingHealth@gov.nl.ca

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Check your ginu membership profile to ensure a valid email address! You won't want to miss this offer and all the other communications going out to members by email! Need help updating? contact Charmaine at 709-679-2142 facebook.com/QalipuFirstNat...

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