

Program Definitions / Descriptions:

Prenatal Series (Winter Virtual Sessions):

Delivered by various health care providers (Nurse, Midwife, Registered Dietitian, Social Worker & Lactation Consultant) Covers various topics on Safety & Nutrition, Active Pregnancy, Labour & Support, Newborn Care, Breastfeeding, Postpartum Care and Transition to Parenthood.

Living Well with Diabetes (Part A- Lifestyle management):

This session is for those newly diagnosed with Diabetes to understand the diagnosis and learn about nutrition and physical activity to manage it. Presented by Registered Dietitian

Living Well with Diabetes (Part B – Diabetes Complications):

This session is for those with Diabetes to better understand Diabetes complications & treatment. Presented by Chiroprapist (foot care) and Pharmacist.

Healthy Aging:

This session provides information on how to stay healthy, connected and safe as participants get older. Presented by Registered Nurse, Social Worker, Pharmacist, and various members of the community.

Healing Together Session:

This mental health support group provides guidance and support for participants dealing with various mental health challenges and issues. Presented by Registered Social Workers.

Mediterranean Diet Class:

This session is for participants interested in healthy eating for weight loss and managing high cholesterol levels. Presented by Registered Dietitian.

Heart Health DASH Diet Class:

This session is for participants with high blood pressure who are interested in managing their health condition through diet. Presented by Registered Dietitian.

Sleep Therapy:

This session is for participants who are having trouble falling and staying asleep and are taking medication to help with sleep. How to think differently about sleep. Delivered by Registered Social Worker and Pharmacist.

Coping With Stress:

This session is for participants who are experiencing difficulties coping with stress and anxieties. Different strategies are presented by Registered Social Workers.

Brain Health Session:

This session discusses simply things participants can do to stay sharp and boost their brain health. Presented by Registered Nurses.