

# South Health Campus Wellness Centre



April –August 2020

Spring/Summer Program Guide

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## Featured New Programs:

- Self Care Starter Package*
- Stress and Coping: Know Thyself*
- Community Resources for Seniors Update*
- Keep on Keeping On*
- Conserving Your Energy*
- Healthy Cooking Basics and Techniques: Seasonal Summer Suppers*
- Capoeira—Brazilian Martial Arts*

### Find us at:

**4448 Front Street SE | Calgary, AB**  
T3M 1M4 | 403-956-3939  
Email: [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca)  
Web: [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness)

Mon - Fri 5:30 am - 9:00 pm  
Weekends 7:00 am - 5:30 pm  
Holidays 7:00 am - 5:30 pm

\* Program areas close 30 minutes prior to facility closing time.

## My Health and Wellness Program Guide Notes

Registered programs/classes I would like to attend:

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Drop-in programs/classes I would like to attend:

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Programs/classes recommended for me to attend:

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## Disclaimer

For any programs, events or activities listed which are not organized and provided exclusively by AHS or its staff, note that Alberta Health Services (AHS) is not involved in the operation or management of the Provider's services or business. The availability of the Provider's services or programs through the AHS SHC Wellness Centre should not be construed as an approval or endorsement by AHS. Although reasonable efforts were made by AHS to confirm the accuracy of any data, information or materials provided or shared in connection with the activities or sessions that form part of the Provider's services or programs (the "Materials"), AHS does not make any representation or warranty, express, implied or statutory as to the accuracy, reliability, completeness, applicability or suitability and fitness for a particular purpose of the Materials. The Materials are not a substitute for the assessment, advice and expertise of a qualified medical or health professional. AHS expressly disclaims all liability arising out of or in connection with the use of the Materials and for any claims, actions, demands or suits arising from such use. It is your responsibility to ensure that the Materials are used appropriately. The Materials should not be acted upon without seeking advice from your physician or other health care provider to determine whether the Materials or the activities or programs to which they relate are appropriate for you. AHS recommends that you visit and seek the advice of a qualified health care professional for individual and personal attention related to health and wellness matters and for answers to any questions regarding any medical condition.

Note: classes may be cancelled if minimum registration is not met.

## Emotional Wellbeing

### Drumming Up Wellness

<p>Fridays 1:30pm-2:30pm</p> <p><i>No circle on Good Friday April 10.</i></p> <p>Drop in – Free!</p>	<p>This rhythmical and joyful drumming circle is a spirited offering available to patients, families, and the community. Research supports the therapeutic community drum circle as an effective tool to lift your mood, decrease stress, boost your immune system response, and build community. No experience required!</p> <p>Program provider: Circles of Rhythm Trained Drum Facilitators, AHS</p>
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### Mindfulness Practice Session – The Practice of Mindfulness

<p>April 16 6:30pm-7:45pm</p> <p>Register – Free!</p>	<p>Mindfulness is a self-care approach that can help you deal with your stress by being more present in the moment. It's about building awareness and cultivating a different relationship with yourself, mind and body.</p> <p>Program provider: Charmaine Patterson, MSW, RSW Register at: <a href="https://app.booking.ca/shcwellnesspub/index.asp">https://app.booking.ca/shcwellnesspub/index.asp</a> or call 403-956-3939</p>
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### Meditation

<p>April 24, May 29, June 19, July 24, Aug 21 6:00pm-6:45pm</p> <p>Drop in – Free!</p>	<p>Come learn about and try meditation. Begin with some light movement and breathing exercises before beginning to meditate and experience the enormous benefits of meditation! For more information please call Shripal Parikh at 403-805-4070.</p> <p>Program provider: IMeditate Calgary</p>
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**Living in a Fake New World *New!***

May 8  
10:00am-11:00am

We live in a peculiar stress age and require unique mental and emotional tools to cope and respond well to 'living in a fake new world'. This non-political course will help ground us in emotional and mental hope to see the world around us in a non-threatening way. Join us as we examine ways we interpret our global participation and learn to stand in healthy conviction without fear and intimidation; healthy citizens living in harmony and balance.

Register – Free!  
Program provider: James Scorgie, SHC Chaplain  
Register at: <https://app.booking.ca/shcwellnesspub/index.asp> or call 403-956-3939

**Transform Your Stress: the Resilience Advantage (HeartMath®)**

May 13  
6:00pm-8:30pm

Stress affects people physically, mentally and emotionally. In 2014, 23% of Canadians 15 and older perceived most of their days as stressful (Statistics Canada). This course introduces HeartMath's® system of breathing techniques and a heart rate variability tool that can help you manage life's challenges and stressors.

Register – Free!  
Program provider: AHS Certified HeartMath® Instructors  
Register at: <https://app.booking.ca/shcwellnesspub/index.asp> or call 403-956-3939

**Transform Your Stress: the Resilience Advantage - Part 2 (HeartMath®)**

May 20  
6:00pm-7:30pm

This course builds on skills previously learned in a HeartMath® course. Explore how on-going use of HeartMath's® system of breathing techniques and tools can enhance decision-making, communication and personal resilience.

***Prerequisite: participants must have taken a previous HeartMath® course.***

Register – Free!  
Program provider: AHS Certified HeartMath® Instructors  
Register at: <https://app.booking.ca/shcwellnesspub/index.asp> or call 403-956-3939

**Grief Support**

May 25 or Aug 24  
6:00pm-8:00pm

This session will provide strategies and support for individuals that are grieving a death related loss, and for those that support them. The presenter will address:

- What grief/loss looks like and if what you're experiencing is normal
- How grief impacts daily life and strategies that help
- How to best help someone that is grieving a loss

Volunteers from the Grief Support Program will also share their lived experience and what helped them through their own grief.

Register – Free!  
Program provider: AHS Grief Support Program  
Register at: <https://app.booking.ca/shcwellnesspub/index.asp> or call 403-956-3939

**Self-Care Starter Package *New!***

May 27  
6:00pm-8:00pm

Taking care of yourself is not selfish; we all need time-out occasionally. Learn ways to take time for yourself, build up self-esteem, and maintain healthy boundaries in order to keep yourself mentally and physically well.

Register – Free!  
Program provider: Canadian Mental Health Association – Calgary Region  
Register at: 403-297-1402 or [www.recoverycollegecalgary.ca](http://www.recoverycollegecalgary.ca)

### Rethinking our Thoughts *New!*

<p>4 class series Begins July 8 2:00pm-4:00pm</p> <p>Register – Free!</p>	<p>What’s more important, thinking or feeling? Both! How we think, and what we think can often make us feel better or worse. Learn about yourself and how your thoughts can affect how you feel and act. We will focus on self-awareness, perspective, thought-behaviour consistency, and finding ways to use our thoughts to help us deal with everyday challenges!</p> <p>Program provider: Canadian Mental Health Association – Calgary Region Register at: 403-297-1402 or <a href="http://www.recoverycollegecalgary.ca">www.recoverycollegecalgary.ca</a></p>
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### Spoken Word *New!*

<p>4 class series Begins July 17 10:00am-12:00pm</p> <p>Register – Free!</p>	<p>Poetry can help you deal with emotions. Learn about the different aspects of poetry; public speaking, vocal rhythm, visual representation, rhyme building, and word choices. Through these tools you will learn how to use poetry helping support your mental wellness and physical wellness.</p> <p>Program provider: Canadian Mental Health Association – Calgary Region Register at: 403-297-1402 or <a href="http://www.recoverycollegecalgary.ca">www.recoverycollegecalgary.ca</a></p>
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### Stressed is Desserts Spelled Backwards

<p>July 20 6:00pm-7:00pm</p> <p>Register – Free!</p>	<p>Laughter and play activates your immune system and increases your energy for getting well! Come and look for the sweet things in life to help you laugh and play every day!</p> <p>Program provider: Cheryl Ann Oberg, Alberta Children’s Hospital Therapeutic Clown. Certified Laughter Yoga Teacher, Certified Humour Professional Register at: <a href="https://app.booking.ca/shcwellnesspub/index.asp">https://app.booking.ca/shcwellnesspub/index.asp</a> or call 403-956-3939</p>
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### Art of Friendship *New!*

<p>8 class series Begins Aug 6 2:00pm-4:00pm</p> <p>Register – Free!</p>	<p>Strong friendships give us the power to be our true selves; when we have strong friendships, we feel respected and valued and we work hard to find ways to show our friends that we respect and value them. Strong friendships take work! Learn about yourself, what you say, the way you act, and how all of your action can affect relationships with others. Focusing on these aspects, helps us gain confidence in our relationships and we will be more likely to achieve our friendship goals.</p> <p>Program provider: Canadian Mental Health Association – Calgary Region Register at: 403-297-1402 or <a href="http://www.recoverycollegecalgary.ca">www.recoverycollegecalgary.ca</a></p>
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### Stress and Coping: Know Thyself *New!*

<p>Aug 10 6:30pm-8:00pm</p> <p>Register – Free!</p>	<p>This presentation will delve into the subject of stress and explore how it can impact our life experiences from a holistic lens (body, mind, and spirit). Each individual is unique and so will be their reaction to daily events and occurrences. As one comes to understand their self-better, the task of identifying stressors, as well as outcomes and behaviours resulting from stress, can become easier. The better we know our self, the more easily we can provide our self with the appropriate care needed to restore and replenish our energy. Healthy coping strategies and tools for relaxation will also be explored and offered in this program.</p> <p>Program provider: Wellspring Calgary and Nicole St. Michel, MA, CCC Register at: <a href="http://www.wellspringcalgary.ca">www.wellspringcalgary.ca</a> or call 587-747-0260</p>
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## Family/ Caregiver Support

### Family Peer Support Group

<p>Tuesdays 6:00pm-8:00pm</p>	<p>Designed and delivered by caregivers with lived experience of supporting a loved one with a mental health and/or addiction concern. Discussions include; coping strategies, resiliency, recovery, wellness, grief and loss. This group provides an opportunity for caregivers to connect with others in a similar situation, and begin or continue to create a natural support system to stay well in their own recovery journey. For more information please contact the Recovery College/Peer Support line at 403-297-1402 or <a href="mailto:peer@cmha.calgary.ab.ca">peer@cmha.calgary.ab.ca</a>.</p>
<p>Drop in – Free!</p>	<p>Program provider: Canadian Mental Health Association and AHS</p>

## Support Groups

### Alcoholics Anonymous

<p>Wednesdays 7:30pm-8:30pm</p>	<p>The primary purpose of AA is to stay sober and help other alcoholics by sharing experiences, strength and hope. For more information please visit <a href="http://www.calgaryaa.org">www.calgaryaa.org</a>.</p>
<p>Drop in – Free!</p>	<p>Program provider: Alcoholics Anonymous</p>

### Narcotics Anonymous

<p>Thursdays Saturdays Sundays</p>	<p>NA members share recovery with others where drugs or other addictions have become a major problem. Members are recovering addicts who meet regularly to help each other stay clean. For more information please visit <a href="http://www.na.org">www.na.org</a>. <b>Thursdays:</b> 8:00pm-9:00pm <b>Saturdays:</b> 7:00pm-8:00pm <b>Sundays:</b> 7:00pm-8:00pm</p>
<p>Drop in – Free!</p>	<p>Program provider: Narcotics Anonymous</p>

### Anorexics and Bulimics Anonymous

<p>Sundays 9:30am-10:30am</p>	<p>A fellowship of individuals whose primary purpose is to find and maintain recovery in eating practices and to also help others gain recovery. ABA uses a Twelve-Step Program adapted from Alcoholics Anonymous to address the mental, emotional, and spiritual components of anorexia and bulimia disorders. For more information please visit <a href="http://aba12steps.org/">http://aba12steps.org/</a>.</p>
<p>Drop in – Free!</p>	<p>Program provider: Anorexics and Bulimics Anonymous</p>

### SMART Recovery

<p>Sundays 3:00pm-4:30pm</p>	<p>Based on the latest scientific research, SMART Recovery is a self-empowering addiction recovery support group where participants learn tools for addiction recovery. The SMART Recovery 4-Point Program helps people recover from all types of addiction and addictive behaviours. For more information please visit <a href="https://smartrecoveryalberta.org/">https://smartrecoveryalberta.org/</a>.</p>
<p>Drop in – Free!</p>	<p>Program provider: SMART Recovery</p>

## Seniors

### Active Older Adult Resistance Training

<p>View registration website for dates and times</p> <p>Register M – Free! NM – \$</p>	<p>Find fundamentals in this beginner class! Designed specifically for active older adults, this beginner program will help you understand the fundamentals of resistance training for building strength. You will be led through a variety of resistance exercises with a focus on proper technique and execution. A fun, social program and a great way to get started on this very important and age-defying aspect of fitness!</p> <p>Program provider: YMCA Calgary Register at: <a href="http://www.ymcacalgary.org">www.ymcacalgary.org</a> or call 403-956-3900</p>
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### Seniors Cooking Program (Hands-on )

<p>6 class series Begins April 23 10:30am-1:00pm</p> <p>Register – Free!</p>	<p>For seniors wanting to learn basic cooking skills, age well, and maintain independence this program teaches: practical, easy and healthy cooking skills, menu planning and grocery shopping skills, how to maximize food dollars, and food safety. Meet other seniors and cook up delicious meals! Lunch included. This program is for seniors with limited cooking experience who live independently, alone, or with a partner. Program instructed by a Registered Dietitian.</p> <p>Program provider: SHC Wellness Kitchen and Energize Nutrition Register at: <a href="https://app.booking.ca/shcwellnesspub/index.asp">https://app.booking.ca/shcwellnesspub/index.asp</a> or call 403-956-3939</p>
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### Community Resources for Seniors Update *New!*

<p>April 27 or May 29 10:00am-11:00am June 22 6:00pm-7:00pm July 21 1:00pm-2:00pm Aug 21 9:00am-10:00am</p> <p>Register – Free!</p>	<p>Join us once a month for interactive discussions and presentations on community resources for seniors. All are welcome to come and share experiences, hear what is new and connect with others to find resources and support around the community!</p> <p><i>For topic details per date please email <a href="mailto:jill@aginginplacesupports.ca">jill@aginginplacesupports.ca</a> or call 403-472-6445.</i></p> <p>Program provider: Jill Chambers – Financial Concierge Register at: <a href="mailto:jill@aginginplacesupports.ca">jill@aginginplacesupports.ca</a> or call 403-472-6445</p>
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### Help for Alzheimer Families

<p>May 6 5:30pm-6:30pm</p> <p>Register – Free!</p>	<p>This workshop will teach about Alzheimer's and other dementias with a focus on how to understand and manage the behaviours of those with Dementia. Self-care strategies will also be discussed to prevent caregiver burnout.</p> <p>Program provider: Home Instead Senior Care Register at: 403-984-9225</p>
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### Mind Fit!

<p>June 12 10:00am-11:00am</p> <p>Register – Free!</p>	<p>Join us for a fun presentation which includes engaging group activities used in the Cognitive Therapeutics Method, a science-based cognitive stimulation program, as well as trivia, Name that Tune and logo identification!</p> <p>Program provider: Home Care Assistance Register at: <a href="mailto:calgaryinfo@homecareassistance.com">calgaryinfo@homecareassistance.com</a> or call 403-301-3777</p>
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## Taking an Active Role in Your Healthcare

<p>June 19 10:00am-11:00am</p> <p>Register – Free!</p>	<p>Ever feel overwhelmed when going to see your doctor? How will you ensure you understand all of the information, and get your questions answered as well? Learn tips to prepare for your appointment to get the most out of your doctor's visit.</p> <p>Program provider: Rishma Rhemtulla MN/NP, GNC(c) SHC Specialized Geriatric Services</p> <p>Register at: <a href="https://app.booking.ca/shcwellnesspub/index.asp">https://app.booking.ca/shcwellnesspub/index.asp</a> or call 403-956-3939</p>
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### Keep on Keeping On *New!*

<p>2 class series Begins Aug 19 2:00pm-4:00pm</p> <p>Register – Free!</p>	<p>Each phase of our lives have different challenges. In our senior years, changes in income, loss of friends and family members, change of residence, physical changes, and increased dependency on others can leave us feeling as though we are becoming less vital, less worthy, isolated and lost. Together with the support of each other, we can face these challenges, explore an understanding of our purpose, and re-discover our passion for life.</p> <p>Program provider: Canadian Mental Health Association – Calgary Region Register at: 403-297-1402 or <a href="http://www.recoverycollegecalgary.ca">www.recoverycollegecalgary.ca</a></p>
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### Protect Seniors from Fraud

<p>Aug 18 1:00pm-2:00pm</p> <p>Register – Free!</p>	<p>This workshop will uncover the top 10 Scams that are currently targeting seniors. Tactics will be shared on how to reduce the risk of being taken by fraudsters. Research shows 39% of seniors have experienced an attempted scam. Learn how to protect yourself from fraud artists and online scams.</p> <p>Program provider: Home Instead Senior Care Register at: 403-984-9225</p>
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## Health Management – General

### Conserving Your Energy *New!*

<p>2 class series Begins April 8 2:00pm-3:30pm</p> <p>Register – Free!</p>	<p>If you experience fatigue symptoms that interfere with daily life, this class is for you! Learn what may be making your fatigue worse and strategies for managing your fatigue.</p> <p>Program provider: Alberta Healthy Living Program Register at: <a href="http://www.ahs.ca/cdmcalgaryzone.asp">www.ahs.ca/cdmcalgaryzone.asp</a> or 403-943-2584</p>
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### Better Choices, Better Health® (BCBH®)

<p>6 class series Begins May 28 1:00pm-3:00pm</p> <p>Register – Free!</p>	<p>This workshop is for anyone who wants to gain confidence and learn skills to better manage their health (especially those with a chronic condition). Learn and practice skills needed to manage your health and symptoms, reduce fatigue and day-to-day challenges. Facilitated by trained instructors who are familiar with or also have a chronic condition(s).</p> <p>Program provider: Alberta Healthy Living Program Register at: <a href="http://www.ahs.ca/cdmcalgaryzone.asp">www.ahs.ca/cdmcalgaryzone.asp</a> or 403-943-2584</p>
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### Waking up to Healthy Sleep *New!*

June 10 10:00am-11:30am	Are you having difficulty falling asleep and/or staying asleep? Learn how to develop healthy sleep habits, identify behaviours that are preventing sleep and practical ways to improve your sleep!
Register – Free!	Program provider: Alberta Healthy Living Program Register at: <a href="http://www.ahs.ca/cdmcalgaryzone.asp">www.ahs.ca/cdmcalgaryzone.asp</a> or 403-943-2584

### Women and Dementia *New!*

Aug 31 6:00pm-8:30pm	Women are affected differently by dementia. With a higher lifetime risk and a greater tendency to take on the role of caregiver, how can we as women best prepare ourselves for the future? Learn about this important topic and gain helpful strategies to reduce your own risk in this informal presentation.
Register – Free!	<i>Registration will open a few months prior to the class date.</i>  Program provider: Alzheimer Society Calgary Register at: <a href="http://www.alzheimercalgary.ca">www.alzheimercalgary.ca</a> or call 403- 290-0110 or <a href="mailto:info@alzheimercalgary.ca">info@alzheimercalgary.ca</a>

## Health Management – Cancer

### Alberta Cancer and Exercise Program (ACE)

View registration website for dates and times	Are you currently undergoing or have completed cancer treatment? The ACE initiative aims to improve the quality of life for individuals living with cancer in Canada. You will participate in a variety of group exercise classes to help promote physical activity, improve your level of fitness and reduce stress. Learn to thrive with other cancer survivors in this fun and social program.
Register – Free!	Program provider: YMCA Calgary in partnership with the University of Calgary Participants must go through a pre-screening process prior to registration. Please call the University of Calgary Thrive Centre at 403-210-8482, email <a href="mailto:ace@ucalgary.ca">ace@ucalgary.ca</a> or visit <a href="http://www.albertacancerexercise.com">www.albertacancerexercise.com</a> for details.

### Alberta Cancer and Exercise Maintenance Program (ACE Maintenance)

View registration website for dates and times	Stick with the program! The ACE Maintenance Program is for individuals who have graduated from the ACE Program and wish to continue with their exercise regimen in a safe environment. The maintenance program will follow the same circuit style format as the ACE program, but without the study components. Individuals will be guided by a qualified instructor through aerobic, resistance, balance and flexibility exercises.
Register M – Free NM – \$	Program provider: YMCA Calgary Register at: <a href="http://www.ymcacalgary.org">www.ymcacalgary.org</a> or call 403-956-3900

### Food and Nutrition for Cancer Treatment Recovery for People with Eating Challenges (Demo )

2 class series Begins June 5 11:00am-1:00pm	Are you faced with eating challenges; swallowing difficulty, taste changes, or dry mouth caused by your cancer treatment? Learn and share tips for regaining health through good nutrition with survivors like you. Caregivers are very much welcome. Week one is in the classroom and week two is a demonstration experience in the kitchen to learn new cooking techniques and taste healthy, delicious recipes. Please bring your appetite!
Register- Free!	Program provider: Wellspring Calgary Register at: <a href="http://www.wellspringcalgary.ca">www.wellspringcalgary.ca</a> or call 587-747-0260

## Health Management – Chronic Conditions

### Group Exercise for Individuals with Chronic Conditions *New!*

View registration website for dates and times	Build confidence and learn about safe, effective exercise to manage your chronic health condition(s). This program is intended for adults with at least one chronic condition who need help to safely get started with exercise and are interested in continuing to exercise at home or in a community setting after finishing the group exercise program. Adults must be able to exercise on their own in the group and be able to apply information discussed in the group. Must be able to walk independently a minimum of 50 meters with or without a walking aide.
Register – Free!	Program Provider: Alberta Healthy Living Program Register at: <a href="http://www.ahs.ca/cdmcalgaryzone.asp">www.ahs.ca/cdmcalgaryzone.asp</a> or 403-943-2584

### Healthy Living Maintenance – Level 1 or Level 2/3 *New!*

View registration website for dates and times	Do you have a chronic condition and/or have survived a cardiac event? Designed for graduates of the Alberta Healthy Living Program and/or Cardiac Wellness program, participants will engage in both cardio and resistance training exercises while supervised by a trained instructor. This social program will help you build and maintain your strength and cardio fitness. Participants must have clearance from their doctor(s) to participate.
Register M – Free NM – \$	Program provider: YMCA Calgary Register at: <a href="http://www.ymcacalgary.org">www.ymcacalgary.org</a> or call 403-956-3900

### Parkinson’s Speech and Swallowing Disorders

June 1 10:00am-12:00pm	For people diagnosed with Parkinson’s and their families to learn about <ul style="list-style-type: none"> <li>• How speech and swallowing can be impacted by Parkinson’s Disease</li> <li>• What normal speech and swallowing look like and how things change</li> <li>• When to see a speech–language pathologist to help diagnose and treat problems when they arise</li> </ul>
Register – Free!	Program provider: Alberta Healthy Living Program Register at: <a href="http://www.ahs.ca/cdmcalgaryzone.asp">www.ahs.ca/cdmcalgaryzone.asp</a> or 403-943-2584

### Parkinson’s Medication Information

June 24 1:00pm-3:00pm	Come learn about Parkinson’s medication and why they are used.
Register – Free!	Program provider: Alberta Healthy Living Program Register at: <a href="http://www.ahs.ca/cdmcalgaryzone.asp">www.ahs.ca/cdmcalgaryzone.asp</a> or 403-943-2584

## Health Management – Food, Nutrition and Cooking

### Cooking with SHC Dietitians (Hands-on ) *New!*

April 8 or May 27  
11:00am-1:00pm

*April 8 Launch Into Legumes:* Curious about plant based diets, but not sure where to start? Learn easy ways to cook pulses in recipes even the pickiest eaters can enjoy! From chickpeas to lentils, come learn what these nutritional powerhouses have to offer!

*May 27 Spring Fresh:* Bring new tasty and nutritious recipes into your home. Come out and practice your cooking skills in an interactive setting.

*Everyone is welcome to attend, however, preference will be given to those who have not previously attended a Cooking with SHC Dietitians session.*

Program provider: SHC Registered Dietitians

Register – Free!

Register at: <https://app.booking.ca/shcwellnesspub/index.asp> or call 403-956-3939

### Eating Well for Good Health (Demo )

April 14 or June 2  
12:00pm-4:00pm

This class is for anyone who wants to learn more about good nutrition to improve health or manage a chronic condition. Topics will include healthy eating and how you measure up, the facts on fat, fiber, and sodium, and the mystery of reading labels.

Program provider: Alberta Healthy Living Program

Register – Free!

Register at: [www.ahs.ca/cdmcalgaryzone.asp](http://www.ahs.ca/cdmcalgaryzone.asp) or 403-943-2584

### The Truth About What Works in Weight Management

April 20, June 8 or  
Aug 17  
1:00pm-3:30pm or  
July 15  
5:30pm-8:00pm

In this session you will evaluate what you are eating and develop strategies that can help lower your calorie intake. You will also learn how meal patterns, food choices, and portion size affect calorie intake, and about which foods can help you manage your weight.

Program provider: Alberta Healthy Living Program

Register – Free!

Register at: [www.ahs.ca/cdmcalgaryzone.asp](http://www.ahs.ca/cdmcalgaryzone.asp) or 403-943-2584

### Mediterranean Style Eating for Health (Demo )

April 21, May 20 or  
June 18  
12:00pm-1:30pm

Learn how to eat Mediterranean! The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for neurological health, cardiovascular health or general well-being. Come discover the great flavours and many health benefits!

***Prerequisite: For people who have not previously attended a Mediterranean Style Eating for Health class. Heart Healthy Cooking and Living is now a part of this class.***

Program provider: SHC Registered Dietitians

Register – Free!

Register at: <https://app.booking.ca/shcwellnesspub/index.asp> or call 403-956-1485 and ask for Debbi

### Kidney Friendly Cooking Class (Demo )

<p>May 6 10:30am-12:00pm or June 25 2:00pm-3:30pm</p> <p>Register – Free!</p>	<p>Learn how to prepare foods that are suitable for people with Chronic Kidney Disease. This is a demonstration cooking class, led by a Registered Dietitian of the Kidney Care South Program. This class is also suitable for patients on dialysis.</p> <p><i>Everyone is welcome to attend however, priority will be given to patients of Alberta Kidney Care South (formerly known as Southern Alberta Renal Program) or a support person of a patient of Alberta Kidney Care South.</i></p> <p>Program provider: Alberta Kidney Care South Register at: <a href="https://app.booking.ca/shcwellnesspub/index.asp">https://app.booking.ca/shcwellnesspub/index.asp</a> or call 403-956-3939</p>
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### Living Well on Prednisone: Nutrition and Side Effects

<p>May 11 10:00am-12:00pm</p> <p>Register – Free!</p>	<p>Do you take corticosteroids (Prednisone) and find it challenging to manage side effects such as increased appetite and weight gain? Do you want to take extra steps to help protect your bones? Learn about how corticosteroids affect your body and how your diet can help manage some of the side effects.</p> <p>Program provider: SHC Clinical Pharmacist and Registered Dietitian Register at: <a href="https://app.booking.ca/shcwellnesspub/index.asp">https://app.booking.ca/shcwellnesspub/index.asp</a> or call 403-956-1485 and ask for Debbi</p>
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### Top 5 Tips to Reduce Calories

<p>May 11 or June 22 1:00pm-3:30pm or April 22 5:30pm-8:00pm</p> <p>Register – Free!</p>	<p>This class is for anyone who wants to learn more about healthy nutrition to help manage their weight. Topics will include learning about calories, facts about managing your weight and the top five tips to reduce the calories in your diet.</p> <p>Program provider: Alberta Healthy Living Program Register at: <a href="http://www.ahs.ca/cdmcalgaryzone.asp">www.ahs.ca/cdmcalgaryzone.asp</a> or 403-943-2584</p>
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### I Know I Should Eat Healthy, but How? (Demo )

<p>May 12 or June 16 1:00pm-3:30pm</p> <p>Register – Free!</p>	<p>Learn more about nutrition to help manage weight with tips on how to put nutrition knowledge into practice and the 4 P's: Plan, Purchase, Prepare and Pack.</p> <p>Program provider: Alberta Healthy Living Program Register at: <a href="http://www.ahs.ca/cdmcalgaryzone.asp">www.ahs.ca/cdmcalgaryzone.asp</a> or 403-943-2584</p>
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### Intuitive Eating – An Introduction

<p>3 class series Begins May 13 1:00pm-3:00pm</p> <p>Register – Free!</p>	<p>Would you like to get off the diet treadmill and learn a new way to manage weight and health? Join an AHS Registered Dietitian for this supportive three class series to learn how to improve your relationship with food, and end the guilt, frustration and confusion! This class is for individuals 18+.</p> <p>Program provider: SHC Registered Dietitian Register at: <a href="https://app.booking.ca/shcwellnesspub/index.asp">https://app.booking.ca/shcwellnesspub/index.asp</a> or call 403-956-3939</p>
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### Getting Started with Plant-based Eating (Hands-on ) **New!**

May 23  
10:00am-12:00pm

Curious about including more plant-based meals in your diet, but not sure what to cook that will be tasty, satisfying and accepted by your family? In this hands-on class, we will:

- Explore plant-based ingredients.
- Learn techniques to increase the flavor of plant-based recipes.
- Prepare plant-based recipes to enjoy as part of a healthful and balanced lifestyle.

*All participants will walk away with delicious recipes and plant-based inspiration.*

Register – \$

Program provider: Energize Nutrition  
Register at: <http://energizenutrition.ca/classes/>

### Eating Away From Home and During Special Occasions

May 25  
1:00pm-3:30pm

This class is for anyone who wants to learn more about nutrition to help them manage their weight. Topics will include how buffets, parties, vacations, and holiday eating can affect calorie intake, as well as strategies to minimize extra calories when eating away from home and during special occasions.

Register – Free!

Program provider: Alberta Healthy Living Program  
Register at: [www.ahs.ca/cdmcalgaryzone.asp](http://www.ahs.ca/cdmcalgaryzone.asp) or 403-943-2584

### Healthy Cooking Basics and Techniques: Seasonal Summer Suppers (Hands-on ) **New!**

May 26  
6:00pm-8:00pm

Come celebrate summer! Learn how to cook up simple, healthy, and delicious dishes featuring the best the season has to offer!

Register – Free!

Program provider: SHC Wellness Kitchen Registered Dietitian  
Register at: <https://app.booking.ca/shcwellnesspub/index.asp> or call 403-956-3939

### Managing Your Emotional Eating

3 class series  
begins June 2  
1:00pm-3:30pm

This class is for people who would like to know more about emotional eating and what they can do to manage it. In this 3 part series you will: learn about what influences food choices, learn how to build awareness of your own emotional eating and build skills and tools to help with your emotional eating.

Register – Free!

Program provider: Alberta Healthy Living Program  
Register at: [www.ahs.ca/cdmcalgaryzone.asp](http://www.ahs.ca/cdmcalgaryzone.asp) or 403-943-2584

### Eating Well When Fatigued (Demo )

June 11  
12:00pm-1:30pm

Do low levels of energy impact your ability to cook? Do you struggle with meal preparation because it is more challenging to use your hands? Is it difficult to plan for and prepare healthy meals? Intended for people with a neurological condition, this fun and interactive cooking class will teach you strategies to be successful in the kitchen and make healthier food choices. You will learn how to overcome barriers to cooking including fatigue and physical limitations.

Register – Free!

Program provider: SHC Registered Dietitian and Occupational Therapist  
Register at: 403-956-1485 and ask for Debbi

## General Cooking

### ATCO Blue Flame Kitchen (Demo ) *New!*

<p>April 23, May 21 or June 18 7:00pm-8:00pm</p> <p>Register – \$</p>	<p><i>April 23: California Spring May 21: Chinese Take-out June 18: Father's Day BBQ Basics</i></p> <p><b>Please ensure class location is South Health Campus (SHC).</b></p> <p>Program provider: ATCO Blue Flame Kitchen Register at: <a href="http://www.atcoblueflamekitchen.com">www.atcoblueflamekitchen.com</a> or call 403-245-7630</p>
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## Lifestyle Management

### Capoeira *New!*

<p>View registration website for dates and times</p> <p>Register M – \$      NM – \$</p>	<p>Kick it to the curb with Capoeira! This popular Brazilian martial art form incorporates dance, acrobatics and music. Participants will learn to leverage their speed and power into their Capoeira-style kicks and spins. Children and adults will gain strength, flexibility, rhythm and agility. This class is designed to bring adults and children together to learn a martial art discipline that promotes camaraderie, community and respect.</p> <p>Program provider: YMCA Calgary Register at: <a href="http://www.ymcacalgary.org">www.ymcacalgary.org</a> or call 403-956-3900</p>
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### Family Yoga

<p>View registration website for dates and times</p> <p>Register M – Free!    NM – \$</p>	<p>Bond as you bend in this family yoga program. Enjoy stretching, strengthening and spending quality time in a calming atmosphere. This class is designed to bring parents and children together to explore the benefits of health and wellness while learning basic yoga postures.</p> <p>Program provider: YMCA Calgary Register at: <a href="http://www.ymcacalgary.org">www.ymcacalgary.org</a> or call 403-956-3900</p>
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### Introduction to Yoga

<p>View registration website for dates and times</p> <p>Register M – Free!    NM – \$</p>	<p>New to exploring the peaceful practice of yoga? This program is great for beginners and for those restarting their practice after a long break. Learn the fundamentals of yoga which will help you to feel comfortable and confident taking classes.</p> <p>Program provider: YMCA Calgary Register at: <a href="http://www.ymcacalgary.org">www.ymcacalgary.org</a> or call 403-956-3900</p>
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### Small Group Training

<p>View registration website for dates and times</p> <p>Register - \$</p>	<p><b>Transformation:</b> Are you looking for some guidance and motivation to help with your weight loss goals? Transformation workouts combine body weight exercises and interval training to accelerate fat loss and improve body composition. <b>Strength:</b> Is your goal to become stronger and improve muscle tone? This program focuses on pure strength with the use of free weights, cables and machines to stimulate muscle growth and enhance metabolic fitness.</p> <p>Program provider: YMCA Calgary Register at: <a href="http://www.ymcacalgary.org">www.ymcacalgary.org</a> or call 403-956-3900</p>
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## Get Active Stay Active

June 16 1:00pm-3:30pm	Learn information on how to manage your overall health by being active! Learn the difference between lifestyle and structured physical activity, types of exercises and how to set physical activity/exercise goals.
Register- Free!	Program provider: Alberta Healthy Living Program Register at: <a href="http://www.ahs.ca/cdmcalgaryzone.asp">www.ahs.ca/cdmcalgaryzone.asp</a> or 403-943-2584

## Employment & Finance

### Work Search

2 class series Begins April 18 or July 18 9:00am-4:00pm	Learn about better work-search strategies and resources including local employer hiring practices, how to apply for work on-line and introducing yourself to potential employers through networking.
Register – Free!	Program provider: Alberta Works Register at: <a href="http://www.humanservices.alberta.ca/calgary-workshops">www.humanservices.alberta.ca/calgary-workshops</a>

### Resume Writing

2 class series Begins May 23 or Aug 22 9:00am-4:00pm	Are you interested in writing a high impact resume that identifies your abilities, skills and accomplishments? Learn new skills, develop increased confidence and how to create a personal brand that markets you, your accomplishments and your abilities.
Register – Free!	Program provider: Alberta Works Register at: <a href="http://www.humanservices.alberta.ca/calgary-workshops">www.humanservices.alberta.ca/calgary-workshops</a>

### Interview Skills

2 class series Begins June 13 9:00am-4:00pm	Learn ways to communicate the skills and abilities you have to offer to an employer. The group will discuss interview questions and complete a mock interview where you will receive constructive feedback on how to improve your interview skills.
Register – Free!	Program provider: Alberta Works Register at: <a href="http://www.humanservices.alberta.ca/calgary-workshops">www.humanservices.alberta.ca/calgary-workshops</a>

### Planning for the Future

May 6 12:30pm-3:00pm	For people diagnosed with movement disorders to learn about advanced care planning, supportive housing and how movement disorders can impact personal finances and what you can do about it.
Register – Free!	Program provider: Alberta Healthy Living Program Register at: <a href="http://www.ahs.ca/cdmcalgaryzone.asp">www.ahs.ca/cdmcalgaryzone.asp</a> or 403-943-2584

## Parents and Parents to be – Pregnancy

### Birth and Babies

View registration website for dates and times	The most comprehensive prenatal and postnatal experience. Classes run for ten consecutive weeks, beginning about six to seven weeks before your due date and continuing beyond birth. A 'birth-day' celebration is held on the last class.
Register – \$	Program provider: AHS – Birth and Babies Register at: <a href="http://www.birthandbabies.com">www.birthandbabies.com</a> or call 403-955-1450

## Childbirth Essentials

View registration website for dates and times

A variety of interactive labour preparation classes that include topics such as signs and stages of labour, when to go to the hospital, breathing and relaxation, decision-making, medical procedures, breastfeeding, baby care, and more!

Register – \$

Program provider: AHS – Birth and Babies  
Register at: [www.birhandbabies.com](http://www.birhandbabies.com) or call 403-955-1450

## Cooking Your Way to Wellness in Pregnancy (Hands-on )

View registration website for dates and times

These interactive classes are designed to provide practical information and hands-on experience to create healthy eating habits during your pregnancy, and to help ensure you and baby are as healthy as possible. Attendance is required at both sessions.

*Participants are encouraged to register for “Healthy Eating for Pregnancy” class for more nutrition information prior to attending these classes.*

Register – Free!

Program provider: SHC Registered Dietitian  
Register at: [www.birhandbabies.com](http://www.birhandbabies.com)

## Healthy Eating for Pregnancy

View registration website for dates and times

Looking for reliable nutrition information during pregnancy? Wondering how much weight gain is healthy for you and your baby? Which vitamins and minerals are important and what foods to avoid? How to manage nausea, vomiting, heartburn, and constipation? These questions will be answered by a Registered Dietitian who can help guide you in setting your personal nutrition goals.

Register – Free!

Program provider: SHC Registered Dietitian  
Register at: [www.birhandbabies.com](http://www.birhandbabies.com) or call 403-955-1450

## Parents and Parents to be – Early Childhood

### Baby and You for New Moms

View registration website for dates and times

This series is for new mothers and babies between eight weeks and nine months. These fun and informative classes will help you understand your baby and your family, as well meet other moms.

Register – \$

Program provider: AHS – Birth and Babies  
Register at: [www.birhandbabies.com](http://www.birhandbabies.com) or call 403-955-1450

### Feeding Your Baby

View registration website for dates and times

Do you have questions about feeding your growing baby? A registered dietitian will answer your questions about infant feeding, including introducing solids and textures and other topics related to feeding your baby in the first 12 months. Babies are welcome!

Register – Free!

Program provider: AHS – Birth and Babies  
Register at: [www.birhandbabies.com](http://www.birhandbabies.com) or call 403-955-1450

### Baby Health and Safety

<p>View registration website for dates and times</p> <p>Register – \$</p>	<p>In these interactive hands on classes you will learn about common illness and keeping your baby healthy, explore ways of preventing home injuries, car seat use and be introduced to basic first aid and infant CPR. Attend before or after having your baby (babies are welcome in class). Open to extended family members or caregivers. This is not a certification course.</p> <p>Program provider: AHS – Birth and Babies Register at: <a href="http://www.birhandbabies.com">www.birhandbabies.com</a> or call 403-955-1450</p>
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### Mealtime Struggles to Mealtime Success

<p>View registration website for dates and times</p> <p>Register – Free!</p>	<p>Do you have questions about your child's eating? Learn how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles. This class is for parents and caregivers with children 1-5 years of age. Adults only please.</p> <p>Program provider: AHS – Birth and Babies Register at: <a href="http://www.birhandbabies.com">www.birhandbabies.com</a> or call 403-955-1450</p>
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### Nutrition for New Moms

<p>View registration website for dates and times</p> <p>Register – Free!</p>	<p>If you've had a baby recently, this class is for you! Learn how to use food to boost your energy levels, how to lose the "baby weight" in a healthy and sustainable way, and what to eat (and not eat) when breastfeeding. Babies welcome!</p> <p>Program provider: SHC Registered Dietitian Register at: <a href="http://www.birhandbabies.com">www.birhandbabies.com</a> or call 403-955-1450</p>
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## Just for Kids and Youth!

### Fitness Training for Youth (Ages 15+)

<p>View registration website for dates and times</p> <p>Register M – Free! NM – \$</p>	<p>Figure out the fitness centre! Learn gym etiquette and basic principles of strength training and conditioning. Come away with safe and effective exercise techniques using a variety of equipment, including weight and cardio machines. All levels and abilities welcome.</p> <p>Program provider: YMCA Calgary Register at: <a href="http://www.ymcacalgary.org">www.ymcacalgary.org</a> or call 403-956-3900</p>
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### YCAN (YMCA Community Action Network Ages 15-30)

<p>For more information call the registration number.</p> <p>Register – Free!</p>	<p>Are you interested in developing and delivering service projects that are needed in your local community? Have traditional youth groups and programs not been the right ones for you? With YCAN gain valuable skills, meet new people and develop service projects that are meaningful to you! YCAN supports those who are traditionally underrepresented and/or face barriers when participating in programs.</p> <p>Program provider: YMCA Calgary Register at: 403-465-0973</p>
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### Aspen Youth Matters Cooking Program (Ages 13-18 hands-on )

Call or email for dates and times.	Do you want to learn about cooking? If so... Aspen's Youth Matters program is offering cooking programs for you!
Register – Free!	<p><i>For more information please call 403-472-5568 or Email: <a href="mailto:msikking@aspenfamily.org">msikking@aspenfamily.org</a>.</i></p> <p>Program provider: Aspen Family and Community Network Society Register at: 403-472-5568</p>

## Summer Camps

### YMCA Day Camps (Ages 4-13)

<p>Weekly Begins July 2 8:30am-4:30pm</p> <p>Register – \$</p>	<p>YMCA Day Camps are available at Brookfield Residential YMCA at Seton during the summer break! School breaks are a time for kids to be kids—a chance to run, play and be free from busy school schedules. Children spend their days climbing, learning fun games, making arts and crafts, and staying active. Campers make friends while learning about themselves in a friendly, caring, and safe environment. Specialty options available including climbing, culinary, swim, sport, and arts, please see website for details. Pre and post care are available at no extra charge.</p> <p>Program provider: YMCA Calgary Register at: <a href="http://www.ymcacalgary.org">www.ymcacalgary.org</a> or call 403-351-5262</p>
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### Summer Mini Chefs Day Camp (Ages 8-10 hands-on )

<p>July 7 9:00am-3:00pm</p> <p>Register – Free!</p>	<p>Research shows kids who participate in meal preparation/cooking are more likely to enjoy mealtimes and eat a variety of foods, including vegetables and fruit. Led by a Pediatric Dietitian, kids will learn to cut with knives, use various kitchen utensils/tools, measure ingredients, read recipes and how to make a few snacks and meals independently. All food and supplies included!</p> <p>Program provider: SHC Pediatric Registered Dietitian Register at: <a href="https://app.booking.ca/shcwellnesspub/index.asp">https://app.booking.ca/shcwellnesspub/index.asp</a> or call 403-956-1485 and ask for Debbi</p>
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### Mini Chefs in the Kitchen (Ages 8-10 hands-on )

<p>Aug 11-Aug 14 9:00am-12:00pm</p> <p>Register – Free!</p>	<p>Research shows kids who participate in meal preparation/cooking are more likely to enjoy mealtimes and eat a variety of foods, including vegetables and fruit. Led by a Pediatric Dietitian, kids will learn to cut with knives, use various kitchen utensils/tools, measure ingredients, read recipes and how to make a few snacks and meals independently. Parents will be welcomed into the kitchen on the last day of camp for 30 minutes to enjoy a meal prepared solely by the children! All food and supplies included!</p> <p>Program provider: SHC Pediatric Registered Dietitian Register at: <a href="https://app.booking.ca/shcwellnesspub/index.asp">https://app.booking.ca/shcwellnesspub/index.asp</a> or call 403-956-1485 and ask for Debbi</p>
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A group of children in a gymnasium, all in a starting crouch on a wooden floor. The child in the foreground is a young girl with dark skin and curly hair, wearing a white t-shirt and dark shorts, smiling at the camera. Behind her are other children in various colored shirts (blue, orange, purple) also in a crouch.

**Keep your  
child busy all  
summer long!**

**If your kids love variety, they'll love our camps! Choose from, Multi-activity, Basketball, Soccer, Outdoor Adventure, Bike camps, and more!**

**View details in our Program Guide.**

★ Members receive a **20-25% discount** on programs, day camps and personal training.



[ymcacalgary.org/programs](http://ymcacalgary.org/programs)

# Wellness Centre

At the Wellness Centre, we want you to be as healthy as possible.

Let us support you in your wellness journey through our unique partnerships with the Alberta Health Living Program, AHS healthcare professionals, and many community organizations and businesses.

We offer something for everyone: patients, friends and family, community members and staff.

- Take a class in the Wellness Kitchen, YMCA or health management / lifestyle classrooms
- Borrow a book from the lending library
- Enjoy our beautiful community gardens or come garden with us
- Visit our website: [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness)



## Wellness Programs

- We offer a variety of engaging, supportive and informative wellness programs.
- Program areas include emotional wellbeing, health and lifestyle management, caregiver support, support groups, seniors, parenting, nutrition, fitness, employment and more.



## Wellness Kitchen

- In our teaching kitchen we inspire people to shop, cook and eat healthier.
- We offer interactive and hands-on food and nutrition programs for patients, families and community members.



## Information/Support

- Health and Wellness lending library.
- Up to date community resources.
- Eight computers for public use.



## YMCA

- The YMCA features a diverse range of programs for children, youth and adults, and includes a strength and conditioning centre, fitness classes, walking track, climbing wall and outdoor sport court.
- Ask us about special rates, programs and hours of operation for patients and staff. Call 403-956-3900 for more information or visit [www.ymcacalgary.org](http://www.ymcacalgary.org).

