



South Health Campus Wellness Centre

April-August 2019

Spring/Summer Program Guide

In This Issue:

Emotional Wellbeing	2-4
Family/Caregiver Support	4
Support Groups	5
Seniors	5-7
Health Management	
<i>General</i>	7-8
<i>Cancer</i>	8-9
<i>Chronic Conditions</i>	9-11
Lifestyle Management	12
Food, Nutrition and Cooking	
<i>General</i>	13-14
<i>Alberta Healthy Living Program</i>	14-15
Employment and Finance	15-16
Parents and Parents to be	
<i>Pregnancy</i>	16
<i>Early Childhood</i>	17-18
<i>Tween to Teen</i>	18
Just for Kids and Youth!	18-19
Summer Camps	19-20
Gardening	20

Featured New Programs:

- Coping with Exam Stress*
- Stressed is Desserts Spelled Backwards*
- Finding Your Balance: Mini Series*
- Understanding Harm Reduction*
- Talking with Your Family About Cancer*
- Kidney Friendly Cooking Class*
- What Happens If You Die Without a Will*
- Juno House Presents: Healthy Brains Healthy Children*
- Father's Day: Father/Child Pasta Making*
- Edible Planters*

Find us at:

4448 Front Street SE | Calgary, AB
T3M 1M4 | 403-956-3939
Email: wellness.shc@ahs.ca
Web: 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:

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

Programs/classes recommended to me to attend:

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 April 19</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>
--	---

Coping with Exam Stress **NEW!**

<p>April 8 6:00pm-8:00pm</p> <p>Register – Free!</p>	<p>This course is for individuals who are looking for practical strategies to tackle their exam stress. Learn how to build and understand study skills and tips for coping with exam related stress.</p> <p>Program provider: Canadian Mental Health Association – Calgary Region Register at: 403-297-1402 or www.recoverycollegecalgary.ca or in person at the Welcome Centre #105, 1040 7th Ave SW</p>
--	--

Transform Your Stress: the Resilience Advantage (HeartMath®)

<p>April 11 1:00pm-3:30pm or May 15 6:00pm-8:30pm</p> <p>Register – Free!</p>	<p>Stress affects people physically, mentally and emotionally. In 2014, 23% of Canadians 15 and older perceived most of their days as stressful. (Statistics Canada). The Alberta Health Services Chronic Disease Prevention Action Plan (2015-2018) identifies chronic stress as a modifiable risk factor for chronic illness. 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.</p> <p>Program provider: AHS Certified HeartMath® Instructors Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-3939</p>
---	--

Meditation	
April 18, May 30, June 20, July 25 or August 22 6:45pm-7:30pm	Come learn about and try meditation. Begin with some light movement and breathing exercises before beginning to meditate. Experience the enormous benefits of meditation! For more information please call Shripal Parikh at 403-805-4070.
Drop in – Free!	Program provider: IMeditate Calgary
Transform Your Stress: the Resilience Advantage - Part 2 (HeartMath®)	
April 25 1:00pm-2:30pm or May 22 7:00pm-8:30pm	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
Mindfulness Practice Sessions	
May 6 or June 10 6:30pm-7:30pm or June 27 12:30pm-1:30pm	Mindfulness is a self-care approach that can help you deal with your stress by being more present in the moment. It's about finding a way to relate to life's challenges by encouraging you to remain in the moment, and allowing you to let go of the past and worry less about the future. Class dates and topics: May 6 – What is Mindfulness, June 10- Mindfulness and Movement, June 27- Mindfulness and Eating
Register – Free!	Program provider: Charmaine Patterson, MSW, RSW Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-3939
Grief Support	
May 27 or August 26 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: <ul style="list-style-type: none"> • 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
Stressed is Desserts Spelled Backwards <i>NEW!</i>	
June 17 6:00pm-7:30pm	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!
Register – Free!	Program provider: Cheryl Ann Oberg, Alberta Children's Hospital Therapeutic Clown. Certified Laughter Yoga Teacher, Certified Humour Professional Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-3939

2SLGBTQIA+ Community Connections **NEW!**

<p>5 class series July 15, 22, 29, August 12 and 19 5:00pm-7:00pm</p> <p><i>No class Aug 5.</i></p> <p>Register – Free!</p>	<p>In collaboration with members of the 2SLGBTQIA+ community, this course will help you explore how your identity affects your self-worth and personal boundaries. Come join us and learn how to take care of yourself through visual arts, poetry, journaling, and talking with others about shared experiences.</p> <p>Program provider: Canadian Mental Health Association – Calgary Region Register at: 403-297-1402 or www.recoverycollegecalgary.ca or in person at the Welcome Centre #105, 1040 7th Ave SW</p>
---	---

Campfire Classics Music: Noon Hour Jam **NEW!**

<p>August 1, 8, 15, 22 and 29 12:00pm-1:30pm</p> <p>Drop in – Free!</p>	<p>Join in for an informal singalong with your acoustic instrument or just your voice. No experience needed. Everyone welcome!</p> <p>Program provider: Wellspring Calgary</p>
---	--

Laugh Until it Helps!

<p>August 21 6:00pm-7:30pm</p> <p>Register – Free!</p>	<p>Health care workers have known for years of laughter’s beneficial effects. Laughter stimulates heart and blood circulation, improves lung capacity, exercises the abdominal muscles, lowers stress hormone levels, and has been shown to improve sleep. Most of all, laughter is infectious! Come learn about the science of laughter and experience laughter yoga. Presentation with laughter yoga - no yoga mats required!</p> <p>Program provider: Cheryl Ann Oberg, Alberta Children’s Hospital Therapeutic Clown. Certified Laughter Yoga Teacher, Certified Humour Professional Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-3939</p>
--	--

Family/ Caregiver Support

Family Peer Support Group

<p>Tuesdays 6:00pm-8:00pm</p> <p>Drop in – Free!</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 peer@cmha.calgary.ab.ca.</p> <p>Program provider: Canadian Mental Health Association and AHS</p>
--	--

Finding Your Balance: Mini Series **NEW!**

<p>3 class series August 1, 8 and 15 5:00pm-7:00pm</p> <p>Register – Free!</p>	<p>Are you supporting a loved one with a mental health or a substance use concern? Often times caregivers put their own needs last. Learn to take care of yourself by finding your own balance, creating a network of support, learning personal coping strategies and gaining useful tools for supporting yourself with hope and acceptance. Open to all who are looking for support: siblings, children, parents, friends, partners, grandparents or aunts and uncles.</p> <p>Program provider: Canadian Mental Health Association – Calgary Region Register at: 403-297-1402 or www.recoverycollegecalgary.ca or in person at the Welcome Centre #105, 1040 7th Ave SW</p>
--	--

Support Groups

Peer Support Group

Wednesdays 5:30pm-7:30pm	This group provides peer support to adults living with mental illnesses such as depression, bipolar, anxiety, post-traumatic stress, and obsessive-compulsive disorders. Anyone directly impacted by mental illness is welcome to attend. No specific diagnosis or referral is required. For more information please visit www.foothillscommunitywellness.com .
Drop in – Free!	Program provider: Foothills Community Wellness

Alcoholics Anonymous

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

Narcotics Anonymous

Thursdays Saturdays Sundays	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 www.na.org . Thursdays: 8:00pm-9:00pm Saturdays: 6:30pm-8:00pm Sundays: 7:00pm-8:00pm
Drop in – Free!	Program provider: Narcotics Anonymous

Anorexics and Bulimics Anonymous

Sundays 9:00am-10:00am	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 http://aba12steps.org/ .
Drop in – Free!	Program provider: Anorexics and Bulimics Anonymous

Smart Recovery

Sundays 3:00pm-4:30pm	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 www.smartrecovery.ca .
Drop in – Free!	Program provider: Smart Recovery

Seniors

Seniors Cooking Program

6 class series Begins April 11 10:30am-1:00pm	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.
Register – Free!	Program provider: Wellness Centre and Energize Nutrition Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-3939

Tips and Tricks for Choosing a Retirement Residence

April 16
1:00pm-2:30pm or
July 19
10:00am-11:30am

Thinking about retirement living? Calgary has many great options - join us as we talk about options and share tips that will help you find the retirement community that fits yours or a loved one's needs and lifestyle. For more information please call 587-215-2671.

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

Protect Seniors from Fraud

April 18
10:00am-11:30am

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.

Register – Free!
Program provider: Home Instead Senior Care
Register at: 403-984-9225

Navigating Care Options in Private vs Public Care for Yourself or a Loved One

April 26 or June 21
10:00am-11:30am
or
May 22 or August 8
1:00pm-2:30pm

Aging Seniors in Calgary are seeking help at home in greater numbers every year. Family and friends sometimes step in to provide caregiving, however many families turn to professional home care services for their loved ones, whether through private home care companies or through Alberta Health Services (AHS). Please join us as we navigate all the options available to families when deciding on Private or Public Home Care.

Register – Free!
Program provider: Home Care Assistance and Chartwell Retirement Residences
Register at: calgaryinfo@homecareassistance.com or call 403-301-3777

Retirement Residences: Busting the Myths (includes food sampling)

May 10
10:00am-11:30am
or August 19
6:00pm-7:30pm

This session will bust the myths and answer questions you have about retirement residences and independent living. Join us for delicious food samples, and learn how you can keep and maintain your independence in this new stage of life! For more information please call 587-215-3646.

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

Mind Fit!

May 31
10:00am-11:30am
or July 18
1:00pm-2:30pm

Just like the body, the brain can show signs of aging over time. While this is a natural result of growing older, there are positive lifestyle changes you can make to keep your mind sharper for longer. Join us for a fun and informative presentation called Mind Fit where you will learn about proactive ways to enhance cognitive functioning. This presentation 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!

Register – Free!
Program provider: Home Care Assistance
Register at: calgaryinfo@homecareassistance.com or call 403-301-3777

5 Fixes for Under \$500

June 11 1:00pm-2:30pm	This workshop will help with home safety by auditing each room for potential safety hazards. A workbook with a checklist will be given to participants to take home. Five simple fixes will be offered, allowing seniors to remain home longer and with greater safety.
Register – Free!	Program provider: Home Instead Senior Care Register at: 403-984-9225

Health Management – General

Better Choices Better Health® (BCBH®)

6 class series Begins April 1 9:00am-11:30am	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). Support persons may also attend.
Register – Free!	Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584

Sleep the Keystone of Health

April 15 6:30pm-8:00pm	This presentation will focus on the basic neuroscience of sleep and sleep disorders. Learn how to detect whether sleep is normal and how to improve rest. Discussions include basic sleep physiology, common disorders, impact of inadequate sleep on health, as well as strategies for sleep.
Register – Free!	Program provider: Centre for Sleep and Human Performance Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-3939

Intuitive Eating – An Introduction

3 class series May 29, June 5 and June 12 6:00pm-8:00pm	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+.
Register – Free!	Program provider: AHS Registered Dietitian Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-3939

Getting Ahead of Your Headaches

June 4 10:00am-11:30am	This introductory session will address the assessment and treatment of common headache conditions, diagnosis and medical treatment, non-medical treatments, and headache management resources.
Register – Free!	Program provider: AHS Calgary Headache Assessment and Management Program (CHAMP) Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-3939

Understanding Harm Reduction *NEW!*

<p>2 class series July 4 and July 11 5:00pm-7:00pm</p> <p>Register – Free!</p>	<p>There is so much buzz around harm reduction that it can be difficult to know where to start! In this course we take a step back to understand harm reduction as it relates to not just substance use, but to everyday life. Learn to challenge and examine your own biases and judgments, as well as how to apply harm reduction in your own life.</p> <p>Program provider: Canadian Mental Health Association – Calgary Region Register at: 403-297-1402 or www.recoverycollegecalgary.ca or in person at the Welcome Centre #105, 1040 7th Ave SW</p>
--	---

Health Management – Cancer

Alberta Cancer and Exercise Program (ACE)

<p>View registration website for dates and times</p> <p>Register – Free!</p>	<p>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.</p> <p>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 ace@ucalgary.ca or visit www.albertacancerexercise.com for details.</p>
--	---

Alberta Cancer and Exercise Maintenance Program (ACE Maintenance)

<p>View registration website for dates and times</p> <p>Register M – Free NM – \$</p>	<p>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.</p> <p>Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900</p>
---	---

Yoga Thrive

<p>View registration website for dates and times</p> <p>Register – \$</p>	<p>Feed your mind, body and spirit with yoga. Yoga Thrive is a research-based, therapeutic yoga program for all cancer survivors (on or off treatment) and their support people. This gentle Hatha yoga program has been modified for cancer survivors, especially those who are experiencing stiffness, pain, stress or fatigue. Participants may experience significant benefits in overall mood, stress levels, physical strength and quality of life. Class sizes are kept small (maximum of 15) to ensure individual attention and safety. No previous yoga experience is necessary.</p> <p>Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900</p>
---	--

Talking With Your Family About Cancer *NEW!*

<p>May 29 6:00pm-7:30pm</p> <p>Register – Free!</p>	<p>1 in 2 Albertans will have cancer in their lifetime. Knowing how to have meaningful conversations with your family members about cancer and your treatments may be challenging. This presentation will provide tips for talking with children, teens and adults while exploring the 5 – W’s to help you begin. Resources for additional support will be offered.</p> <p>Program provider: Wellspring Calgary and Rebca Zawde MSW, RSW – Hospice Calgary Register at: www.wellspringcalgary.ca or call 587-747-0260</p>
---	---

Food and Nutrition for Cancer Treatment Recovery for People with Eating Challenges

<p>2 class series August 16 and 23 11:00am-1:00pm</p> <p>Register – Free!</p>	<p>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!</p> <p>Program provider: Wellspring Calgary Register at: www.wellspringcalgary.ca or call 587-747-0260</p>
---	--

Health Management – Chronic Conditions

Living Well Maintenance Program Levels 2 and 3

<p>View registration website for dates and times</p> <p>Register M – Free NM – \$</p>	<p>If you have a chronic condition and/or have survived a cardiac event, this program is for you. Designed for graduates of the Living Well / Healthy Living and/or Cardiac Wellness programs, this is the perfect class to help you maintain your fitness level. You will work out in a group setting and participate in both cardio activities and resistance training exercises. Participants must have clearance from their doctors to participate.</p> <p>Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900</p>
---	--

Kidney Friendly Cooking Class (Demo) *NEW!*

<p>April 4 2:00pm-3:30pm or June 12 10:30am-12:00pm</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>Prerequisite: Must be a patient of Alberta Kidney Care South (formerly known as Southern Alberta Renal Program) or a support person of a patient with Chronic Kidney Disease</i></p> <p>Program provider: Alberta Kidney Care South Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-3939</p>
---	---

Eating Well with Fatty Liver Disease

<p>April 29 or August 14 1:00pm-3:30pm or June 5 5:30pm-8:00pm</p> <p>Register – Free!</p>	<p>Learn about nutrition to help manage non-alcoholic fatty liver disease (NAFLD). Topics include information about the disease, management of fatty liver disease through a healthy diet, and tools to achieve a healthy weight.</p> <p>Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584</p>
--	---

Try a Little Self Kindness: Motivating with Self Compassion *NEW!*

<p>April 30 1:00pm-3:30pm</p> <p>Register – Free!</p>	<p>This class is for anyone seeking to enhance their ability to positively cope with their chronic health condition and the ups and downs it brings. You will learn to motivate with self-compassion rather than self-criticism, self-compassion for strategies of daily life and explore the importance of practicing self-compassion to improve quality of life and health.</p> <p>Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584</p>
---	---

Gluten Free Diet for Beginners

<p>May 9, June 13, July 25 or August 22 1:00pm-3:00pm</p> <p>Register – Free!</p>	<p>Come learn the basics for starting your journey on the Gluten Free Diet. Designed for those newly diagnosed with Celiac disease or those with Celiac who have never had teaching on the diet. We will cover all the basics from label reading to the importance of avoiding cross-contamination. Everyone is welcome to attend however, priority will be given to parents/caregivers of children from the SHC GI Clinic.</p> <p>Program provider: SHC Registered Dietitian Register at: 403-956-1485 and ask for Debbi</p>
---	---

Living Well on Prednisone: Nutrition and Side Effects

<p>May 14 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: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-1485 and ask for Debbi</p>
---	---

Eating Well When Fatigued (Demo)

<p>May 23 11:00am-12:30pm</p> <p>Register – Free!</p>	<p>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. You will learn how to overcome barriers to cooking including fatigue and physical limitations. Everyone is welcome to attend however, priority will be given to patients of SHC Neurology Clinics and the FMC MS Clinic.</p> <p>Program provider: SHC Registered Dietitian and Occupational Therapist Register at: 403-956-1485 and ask for Debbi</p>
---	---

Heart Healthy Cooking and Living (Demo)

<p>April 24, May 30 or June 20 2:00pm-3:00pm</p> <p>Register – Free!</p>	<p>A healthy diet and lifestyle are the best ways to fight heart disease. Join a registered dietitian for a heart healthy cooking demonstration and learn about small changes to make for a healthier lifestyle. Delicious samples will be available for tasting!</p> <p>Program provider: SHC Registered Dietitian Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-1485 and ask for Debbi</p>
--	---

Parkinson's Speech and Swallowing Disorders

<p>June 3 10:00am-12:00pm</p> <p>Register – Free!</p>	<p>For people diagnosed with Parkinson's and their families to learn about:</p> <ul style="list-style-type: none"> • How speech and swallowing can be impacted by Parkinson's Disease • What normal speech and swallowing look like and how things change • When to see a speech –language pathologist to help diagnose and treat problems when they arise <p>Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584</p>
---	---

Pacing for People with Chronic Pain

<p>June 5 2:00pm-4:00pm</p> <p>Register – Free!</p>	<p>"Give Pace a Chance": Learn why pacing is important in managing chronic pain, the relationship between the level of pain you experience and the level of energy you have, the purpose of a flare-up plan, and more.</p> <p>Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584</p>
---	--

Chronic Fatigue Syndrome (ME/CFS)

<p>June 12 1:00pm-3:00pm</p> <p>Register – Free!</p>	<p>This class is for anyone who wants to learn more about Myalgic Encephalomyelitis and Chronic Fatigue Syndrome (ME/CFS) and is also a good refresher for experienced patients. Topics will include the signs and symptoms of ME/CFS, effective strategies to manage common symptoms, how to keep hope alive and move forward, and where to find accurate information.</p> <p>Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584</p>
--	---

Mediterranean Style Eating for Health (Demo)

<p>June 19 12:00pm-1:30pm</p> <p>Register – Free!</p>	<p>Learn how to eat Mediterranean style! 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!</p> <p><i>Prerequisite: For people who have <u>not</u> previously attended a Mediterranean Style Eating for Health class.</i></p> <p>Program provider: SHC Registered Dietitians Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-1485 and ask for Debbi</p>
---	--

Parkinson's Medication Information

<p>June 26 1:00pm-3:00pm</p> <p>Register – Free!</p>	<p>Come learn about Parkinson's medication and why they are used.</p> <p>Program provider: Alberta Healthy Living Program Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584</p>
--	---

Lifestyle Management

Introduction to Yoga

View registration website for dates and times	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.
Register M – Free! NM – \$	Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900

Introduction to Resistance Training

View registration website for dates and times	Realize the benefits of resistance training! This beginner class will help you understand the fundamentals of resistance training for building strength. The instructor will lead you through resistance exercises with a focus on proper technique and execution.
Register M – Free! NM – \$	Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900

Pilates

View registration website for dates and times	Stretch and strengthen your body! In this challenging, self-paced workout you will build core strength, flexibility, and better posture. You will become more aware of your body, which helps promote an increased focus on a healthy and active life.
Register - \$	Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900

Small Group Training

View registration website for dates and times	Transformation: 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. Strength: 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.
Register - \$	Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900

Get Active Stay Active **NEW!**

June 19 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: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584

Food, Nutrition and Cooking – General

Simple Seasonal Suppers (Hands-on) **NEW!**

April 2
6:00pm-8:00pm

Prepare a simple dinner while learning about seasonal eating in Alberta! Learn how to incorporate spring produce like rhubarb, asparagus and radish into seasonally inspired dinners that can be made any day of the week.

Register – \$

Program provider: Poppy Innovations
Register at: www.poppyinnovations.ca

ATCO Blue Flame Kitchen (Demo)

April 11, May 23 or June 20
7:00pm-8:00pm

April Spring Flavours *May* Brunch at Home *June* Grilling Ready
Please ensure class location is South Health Campus (SHC).

Register – \$

Program provider: ATCO Blue Flame Kitchen
Register at: www.atcoblueflamekitchen.com or call 403-245-7630

Dietitians in the Kitchen (Demo)

April 16 or May 21
12:00pm-12:30pm

April 16 Spring Salads – who doesn't love spring and salads? Come try some of our Dietitians' favourite salad recipes!
May 21 Belated Cinco de Mayo – come celebrate some traditional Mexican dishes with a slight Dietitian twist!

Register – Free!

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

Healthy Cooking Basics and Techniques: Knife Skills and Stir-Fry (Hands-on) **NEW!**

May 29
5:00pm-7:00pm

Increase your confidence with kitchen knives and learn to make a mean stir-fry. With this class you will learn to hold a knife properly, develop speed, increase precision and learn to enjoy your time in the kitchen. We'll cover knife safety and care, knife motion, choosing a knife/knife shapes and uses, common veggies/fruit and classic cuts. You will become a slicing/dicing machine . . . maybe . . .with enough practice.

Register – Free!

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

Canning and Preserving – Sweet and Savory (Hands-on) **NEW!**

June 1
9:30am-11:30am

Do you have a surplus of fruits or vegetables in the garden? Learn the fundamentals of traditional Hot Water Bath Canning with some not so traditional recipes that will satisfy your sweet and savoury desires. Participants will prepare and take home three recipes to enjoy.

Register – \$

Program provider: Poppy Innovations
Register at: www.poppyinnovations.ca

Gate to Plate – Cooking with Cast Iron (Hands-on)

June 8
10:00am-11:30am

Cast iron pans can be used indoor and out and provide some surprising health benefits! Learn how to cook with a cast iron grill press and how to care for cast iron cookware.

Register – \$

Program provider: Poppy Innovations
Register at: www.poppyinnovations.ca

Learn to Love Legumes (Hands-on) *NEW!*

June 13 1:00pm-3:00pm	What is a Legume? What can I do with them? And why should I be eating more of them? This class will help make using legumes a piece of cake, literally! Explore everything legumes, with Chef Christopher Chabot and Registered dietitian Shannon Joesy and learn some key recipes including how to make brownies with beans!
Register – Free!	Program provider: AHS Registered Dietitian and Sysco Calgary Register at: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-3939

Canning and Preserving – Jams and Jellies (Hands-on) *NEW!*

July 13 9:00am-12:00pm	Make use of summer produce with jams, jellies and fruit preserves! Learn the fundamentals of traditional Hot Water Bath Canning with some not so traditional recipes! Participants will take home recipes and three jars of preserves to enjoy later.
Register – \$	Program provider: Poppy Innovations Register at: www.poppyinnovations.ca

Canning and Preserving – Perfectly Pickled (Hands-on) *NEW!*

August 18 9:00am-11:00am	Learn the history and fundamentals of canning with a modern twist on traditional recipes. In this hands-on class, participants will prepare two pickle recipes; one with traditional Hot Water Bath Canning and one with fermentation. You'll take home the recipes and a jar of each recipe prepared in class!
Register – \$	Program provider: Poppy Innovations Register at: www.poppyinnovations.ca

Food, Nutrition and Cooking - Alberta Healthy Living Program

For more information and to register visit: www.ahs.ca/cdmcalgaryzone.asp or call 403-9-HEALTH (403-943-2584) (Mon-Fri 8am-4pm). Classes below are free, and facilitated by a Registered Dietitian. Registration is required.

Eating Well for Good Health (Demo)

April 9 or June 4 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.
-------------------------------------	---

The Truth About What Works in Weight Management

April 15, June 10 or August 19 1:00pm-3:30pm or July 17 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.
---	---

Top 5 Tips to Reduce Calories

April 24 5:30pm-8:00pm or May 13 or June 24 1:00pm-3:30pm	This class is for anyone who wants to learn more about healthy nutrition to help manage their weight. Topics will include learning about calories and facts about managing your weight and the top five tips to reduce the calories in your diet.
---	---

I know I Should Eat Healthy, But How? (Demo)

May 7 or June 18 1:00pm-3:30pm	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 .
-----------------------------------	--

Managing Emotional Eating

3 class series May 16, May 23 and May 30 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.
---	---

Eating Away From Home and During Special Occasions

May 27 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.
-------------------------	---

Employment and Finance

Work Search

2 class series Begins April 6 or July 20 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.
---	--

Program provider: Alberta Works

Register at: www.humanservices.alberta.ca/calgary-workshops

Register – Free!

Planning for the Future **NEW!**

May 1 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.
-------------------------	--

Program provider: Alberta Healthy Living Program

Register at: www.ahs.ca/cdmcalgaryzone.asp or 403-943-2584

Register – Free!

Resume Writing

2 class series Begins May 4 or August 17 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.
---	---

Program provider: Alberta Works

Register at: www.humanservices.alberta.ca/calgary-workshops

Register – Free!

Interview Skills

2 class series Begins June 8 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.
--	---

Program provider: Alberta Works

Register at: www.humanservices.alberta.ca/calgary-workshops

Register – Free!

What Happens If You Die Without a Will: Planning For an Uncertain Future **NEW!**

<p>June 26 6:00pm-7:30pm</p> <p>Register – Free!</p>	<p>Most Canadians do not have a will. Hence, the conundrum: we want our wishes to be followed, but have not made those wishes clear and legal. During this presentation, discuss what you need before you complete your will, what will happen if you have no will, and the common stumbling blocks that stop Canadians from completing their wills. Also discussed will be enduring power of attorney and personal directives, documents that round out the estate planning “trifecta”. These documents can be more than a will as they manage your affairs while you are still alive but incapable of making decisions yourself.</p> <p>Program provider: Wellspring Calgary and Danica Doucette-Preville, LLP Register at: www.wellspringcalgary.ca or call 587-747-0260</p>
--	---

Parents and Parents to be – *Pregnancy*

Birth and Babies

<p>View registration website for dates and times</p> <p>Register – \$</p>	<p>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.</p> <p>Program provider: AHS – Birth and Babies Register at: www.birthandbabies.com or call 403-955-1450</p>
---	--

Childbirth Essentials

<p>View registration website for dates and times</p> <p>Register – \$</p>	<p>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!</p> <p>Program provider: AHS – Birth and Babies Register at: www.birthandbabies.com or call 403-955-1450</p>
---	--

Cooking Your Way to Wellness in Pregnancy

<p>View registration website for dates and times</p> <p>Register – Free!</p>	<p>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 all four sessions. If you are interested in attending, but are only able to attend three of the four, please contact the dietitian at 403-956-1488.</p> <p>Program provider: SHC Registered Dietitian Register at: www.birthandbabies.com</p>
--	---

Healthy Eating for Pregnancy

<p>View registration website for dates and times</p> <p>Register – Free!</p>	<p>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.</p> <p>Program provider: SHC Registered Dietitian Register at: www.birthandbabies.com or call 403-955-1450</p>
--	---

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 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 or call 403-955-1450

Mealtime Struggles to Mealtime Success

View registration website for dates and times	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.
Register – Free!	Program provider: AHS – Birth and Babies Register at: www.birhandbabies.com or call 403-955-1450

Nutrition for New Moms

View registration website for dates and times	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!
Register – Free!	Program provider: SHC Registered Dietitian Register at: www.birhandbabies.com or call 403-955-1450

Let’s Play! (Ages 0-6 with an adult)

April 26 or May 31 10:30am-11:30am	Let’s Play is based on a growing body of Early Childhood Development research highlighting the importance of “serve and return” interactions between children and their caregivers. This group will help parents/caregivers learn about what kinds of play encourage optimal development in language, communication, and social skills to lay a strong foundation for life-long learning and literacy.
Drop in – Free!	Program provider: The First 2000 Days Early Childhood Development Network and Aspen Family and Community Network

Cooking with Colours (Ages 4+ with an adult hands-on)

4 class series Begins May 5 11:00am-12:00pm	Encouraging children to try new foods, eat more fruits and vegetables, understand food nutrients and develop food literacy will set the foundation for a lifetime of healthy habits. Each week you and your child will learn basic culinary skills and nutrition while preparing recipes featuring different colours of the fruit and vegetable rainbow. A colourful plate is a healthy plate!
Register - \$	Program provider: Poppy Innovations Register at: www.poppyinnovations.ca

Baby Rhyme Time (Ages 0-12 months with an adult)

May 13 and July 12 10:30am-11:30am	Come and enjoy songs, rhymes, and stories that will make your baby smile! For parents and caregivers with babies up to 12 months old.
Drop in – Free!	Program provider: Calgary Public Library

Parents and Parents to be – Tween to Teen

Juno House Presents: Healthy Brains Healthy Children *NEW!*

April 22 6:30pm-8:30pm	Before High School graduation, one third of adolescent girls will experience depression, anxiety disorders, self-harm or an eating disorder. Learn steps and strategies that will give you effective emotional coaching tools for your children as they develop through adolescence and into young adulthood.
Register – Free!	Program provider: Juno House Register at: http://community.hmhc.ca or call 403- 955-4730

Parent and Child Culinary Program (Ages 9+ with an adult hands-on)

5 class series Begins May 6 6:30pm-8:00pm	Kids will practice to improve their food skills alongside their parents. You and your child will gain hands-on experience making healthy and delicious meals while covering a spectrum of cooking techniques and basic nutrition.
<i>No class May 20</i>	Program provider: Poppy Innovations
Register - \$	Register at: www.poppyinnovations.ca

Father's Day Class! Father/Child Pasta Making (Hands-on ages 6-12) *NEW!*

June 16 2:00pm-4:00pm	Spend the afternoon making pasta with Dad this Father's Day! In this hands on class, parent and child will hone basic cooking skills while learning how to make pasta from scratch.
Register - \$	Program provider: Poppy Innovations Register at: www.poppyinnovations.ca

Just for Kids and Youth!

Fitness Training for Youth (Ages 12-17)

View registration website for dates and times	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.
Register M – Free! NM – \$	Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-956-3900

YCAN (YMCA Community Action Network Ages 15-30)

<p>Call registration phone number for dates and times</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>
---	---

Kids Cooking Bootcamp (Ages 8-12 hands-on)

<p>April 23 8:00am-4:00pm</p> <p>Register – \$</p>	<p>No school? Join us in the kitchen! Kids will develop culinary skills and learn how to eat healthy while preparing from scratch recipes with our food and nutrition educators. They'll make snacks and their own lunch with healthy ingredients and lots of kitchen fun! *All food and supplies included!</p> <p>Program provider: Poppy Innovations Register at: www.poppyinnovations.ca</p>
--	--

Summer Camps

YMCA Day Camps (Age 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. Pre and post care are available at no extra charge.</p> <p>Program provider: YMCA Calgary Register at: www.ymcacalgary.org or call 403-351-5262</p>
--	--

Summer Camp – Farm to Fork (Ages 8-12)

<p>July 4 or Aug 2 8:00am-4:00pm</p> <p>Register – \$</p>	<p>Get ready for an ag-mazing day in the kitchen! Kids will learn about urban agriculture and how our food grows through cooking delicious recipes. Topics will include pickling foods, preparing meals from local produce, using and growing sprouts. Kids will leave with the recipes they cooked, their new sprout master, and a new appreciation for local agriculture.</p> <p>Program provider: Poppy Innovations Register at: www.poppyinnovations.ca</p>
---	--

Summer Camp – Kids on the Go (Ages 8-12)

<p>July 5 or August 1 8:00am-4:00pm</p> <p>Register – \$</p>	<p>Food skills, active living, and nutrition education during formative years are essential for building lifelong habits. We'll focus on healthy eating through hands-on preparation of a power-packed breakfast, an easy school lunch solution, and a healthy snack to recharge in the afternoon. This camp includes one hour of physical activity with the YMCA, our active living partner.</p> <p>Program provider: Poppy Innovations Register at: www.poppyinnovations.ca</p>
--	--

Aspen Youth Matters Summer Cooking Program (Ages 12-18 hands-on)

<p>Fridays Begins July 12 4:00pm-5:30pm</p> <p>Register – Free!</p>	<p>Join Aspen Youth Matters summer cooking program and learn how to cook! For more information please call 403-472-5568 or Email: msikking@aspenfamily.org.</p> <p>Program provider: Aspen Family and Community Network Society Register at: 403-471-3970</p>
---	---

Summer Mini Chefs in the Kitchen (Ages 8-11 hands-on) *NEW!*

<p>July 18 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: https://app.booking.ca/shcwellnesspub/index.asp or call 403-956-1485 and ask for Debbi</p>
--	---

Gardening

Grow n' Learn *NEW!*

<p>April 25 6:30pm-8:00pm</p> <p>Register – \$</p>	<p>Learn how to improve your gardens' soil health in this lecture style gardening class. Over the course of the class we'll cover the basic principles of crop rotation and soil fertilization and how to apply them to your own garden.</p> <p>Program provider: Poppy Innovations Register at: www.poppyinnovations.ca</p>
--	---

Plant to Plate *NEW!*

<p>May 1 6:00pm-8:00pm</p> <p>Register – \$</p>	<p>Understand the food cycle from "plant to plate" in this hands on gardening and cooking class. In this session you'll learn how to grow and prepare nutrient rich leafy greens like spinach, chard, kale and lettuce. During the class you'll plant leafy greens to take home for your own garden and prepare a recipe using one of the vegetables!</p> <p>Program provider: Poppy Innovations Register at: www.poppyinnovations.ca</p>
---	--

Edible Planters *NEW!*

<p>May 11 12:00pm-1:00pm</p> <p>Register – \$</p>	<p>Imagine a bushel basket loaded with colourful, edible and beautiful plants sitting on your front porch. Join us to make your Edible Planter to have fresh produce at your fingertips all summer! In this class you'll create attractive, edible planter arrangements - great for city dwellers and anyone looking to grow food without compromising the grass!</p> <p>Program provider: Poppy Innovations Register at: www.poppyinnovations.ca</p>
---	--



SHC Community Gardens

Did you know there are 3 community garden sites at South Health Campus? The first garden started as a pilot project in 2014 with 6 planters in 'Strawberry Fields' in the *northeast courtyard* of the campus. In 2015, 12 more planters were added in the *south courtyard* through the generosity of the *TD Friends of the Environment Foundation*. In 2016, the garden was expanded again in the *south courtyard* with the addition of 15 planters. With funds raised through the generosity of local chef Jonathan Sobol and *Star Belly Open Kitchen & Lounge*, 14 in ground plots were developed in the *west courtyard* in 2017. There are now a total of 47 gardening spaces on site! SHC staff, physicians, volunteers, and members of the community are welcome to garden here. Thank you to all who have supported the gardens!

For more information contact the Wellness Centre at 403-956-3939
or email wellness.shc@ahs.ca

We hope you enjoy the gardens as places of community,
wellness, and quiet reflection.





YMCA Calgary

For when you want to kick it up.

From learn-to-swim to Masters swim, boot camps to day camps, YMCA Calgary has the programs, facilities and community to keep you healthy, motivated and engaged—whatever your level.

**Join a program, drop in to a free fitness class,
or become a member today!**



YMCAcalgary.org

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

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.

