



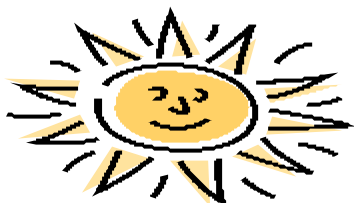
Corporate Office
W.B. Lewis Centre
P.O. Box 339
Pinawa, MB R0E 1L0
Phone (204) 753-2012
Toll Free (1-877-753-2012)
Fax (204) 753-2015
Email: neha@neha.mb.ca
Website: www.neha.mb.ca



“What’s Up in Wellness Promotion?”

Inside this issue:

Brokenhead District	2-3
Blue Water District	3
Iron Rose District	3-4
Springfield District	4
Winnipeg River	5



Welcome to the Winter edition of “*What’s Up in Wellness Promotion*”. This newsletter is prepared by the Wellness Facilitators of North Eastman, and will provide you with a listing of the various health promotion and education programs and initiatives in our region.

The newsletter is divided into five different districts, however most of our programs are open to anyone in the region. If a program in another district is of interest to you, please be sure to phone to get additional information.

To receive a copy of this newsletter electronically (to subscribe or unsubscribe), contact corvis@neha.mb.ca or talk to your local Wellness Facilitator.

Your Partner in Wellness,

Bonnie Stefansson

Wellness Facilitator, Beausejour-Brokenhead

Winter Travel - Ice and Snow? Take it slow!

Winter travel calls for extra care even under normal weather conditions. Snow and ice on roadways can reduce tire traction, while vehicle exhaust and ice fog can reduce visibility. The best safety precaution to take during severe winter weather conditions is to avoid traveling at all. However, if you must drive, be prepared.

Precautions:

- Drive carefully. Avoid driving if a winter storm warning or blizzard warning has been issued for your area of travel. Respect road conditions. Prior to setting out, check local highway or road conditions hotlines.
- Turn back or seek refuge if conditions deteriorate. Don’t be daring.
- Keep to main roads as much as possible.
- Travel by daylight and with a companion if possible. When you are traveling alone, make sure someone knows which route you are taking, and your departure and arrival times. Be sure to notify them of your arrival to prevent an unnecessary search.
- Keep the radio on, and listen for weather information and possible weather warnings.
- Keep the gas tank full and the car in good running condition, properly serviced, with snow tires.
- Carry your winter travel kit in your car at all times.

If Stranded:

- Don’t panic.
- Stay with your car. You’ll be sheltered and easier to find. Move your car off the roadway to avoid collisions with other vehicles. Do not attempt to walk for help. Many travelers have suffered hypothermia or frostbite.
- Set out warning flares or other markers such as a bright cloth hung from the car window or aerial. Car engines should be run for ten minutes each hour.
- Check exhaust pipe frequently to ensure it is not becoming blocked with snow.
- Keep fresh air inside the car by slightly opening a window and running the motor sparingly.
- Use the dome light instead of headlights. Using headlights will run the battery down quickly.
- Keep moving. Exercise hands, arms and legs to prevent frostbite.
- Watch for traffic or search parties. Don’t fall asleep.

Beausejour Primary Health Care Centre Box 550, 151-1st St. S., Beausejour, MB, R0E 0C0
Wellness Facilitator: Bonnie Stefansson Phone: 268-7440

Stop Smoking NOW Or When You Are Ready. This session will focus on a variety of methods and resources that you could use to help you to stop smoking. Learn about the effects of tobacco on your body and why it is so hard to stop smoking. Learn about the "cold turkey" method, medications, self-help resources, and group programs available to help you quit. Thursday, January 24, 7:00 - 8:30 p.m. Beausejour Primary Health Care Centre, MPR. Presented by: Sharlene Thompson, Primary Health Care Nurse. Free. Refreshments available, maximum 18 people. Register by Friday, January 18 at 268-7478.

PeriMENOPAUSE: Helping women make informed decisions.

Session One: Perimenopause: Physical and Emotional Changes in your 30's, 40's and 50's. Tuesday, April 15, 7:00 - 9:00 p.m. Presented by: Lisa Hrynyk, Public Health Nurse and Sandy May, Nurse Practitioner.

Session Two: Perimenopause: The Role of Nutrition and Physical Activity Tuesday, April 22, 7:00 - 9:00 p.m. Presented by: Lisa Oliver, NEHA Dietitian. Watch for details!

Breast Cancer Information and Support Night. Thursday, April 17, 7:00 p.m. Contact Lorraine Best at 268-2328 for information or to register.

Cancer Prevention Series. These sessions are for people who wish to learn what they can do to reduce their risk of getting cancer. FREE! Sign up for one, two, three, or all four of the following sessions! Location: Beausejour Primary Health Care Centre. Call Sharlene at 268-7478 or Bonnie at 268-7440.

Session One: Cancer Basics: Knowledge is Power! Tuesday March 18, 7:00 to 9:15 p.m. What is cancer? Who gets cancer? What causes it? What increases the risks? What does cancer look like? Presenters: Michelle Rosentreter and Connie Randell, Oncology Nurses, Community Cancer Program - NEHA.

Session Two: Imagine a Cancer Free Future: Putting You in the Driver's Seat! Tuesday, March 25, 7:00 - 9:15 p.m. Learn more about the 7 steps to reduce your risk. Presenters: Sharlene Thompson, Primary Health Care Nurse and Karen Omichinski, NEHA Dietitian.

Session Three: Women in the Driver's Seat: Top 5 Cancers for Women. Tues., April 8, 7:00 - 9:15 p.m.

Session Four: Men in the Driver's Seat: Top 5 Cancers for Men. Tuesday April 29, 7:00 - 9:15 p.m.

Community Lunch'N Learn 2008. Join us for a 30-minute presentation with information on wellness topics that matter to you! Bring a bagged lunch, and your questions! All sessions are open to the public! FREE!

Pass on the Salt Shaker Please - Community Lunch'N Learn . Hypertension Alert! - You've heard it time and time again - Canadians eat way too much salt. What role does salt play in hypertension and what are the consequences. Find out which foods are surprisingly salty and how to make foods taste great without added salt. Presented by NEHA Dietitian.

Tuesday January 8	East Gate Lodge	12:30 - 1:00 p.m. and 1:00 - 1:30 p.m.
Monday January 14	Beausejour Early Years School	12:15 - 12:45 p.m.
Monday January 28	Edward Schreyer School	12:15 - 12:45 p.m.
Monday February 11	Gillis School	12:15 - 12:45 p.m.

Chronic Diseases - Community Lunch'N Learn - Are they Registering on the Health Care Richter Scale! What is our part in this earthquake and how do we halt it from crumbling our health care system. Presented by: Sharlene Thompson, Primary Health Care Nurse.

Thursday January 24	Gillis School	12:15-12:45 p.m.
Tuesday January 15	East Gate Lodge	1:00 - 1:30 p.m.
Tuesday January 29	Beausejour Primary Health Centre	12:30 - 1:00 p.m.
Tuesday February 19	Beausejour Early Years School	2:15 to 12:45 p.m.

Balance & Relationships - Community Lunch'N Learn . Life is demanding! Work, family, friends, caring for parents or children, chronic pain, and lack of sleep can stress you out! Learn some ways to help you achieve more balance in your life. Presented by Loraine Campbell, Mental Health Worker.

Monday February 11	Beausejour Primary Health Centre	12:15 - 12:45 p.m.
Thursday February 21	East Gate Lodge	12:30 - 1:00 and 1:00 - 1:30 p.m.

Radical Thinking - Community Lunch'N Learn - Anti-oxidants to the Rescue! What are anti-oxidants and where do you find them? What role do they play in staying healthy? Find out about C, E, selenium, beta-carotene and more, and see how they zap free radicals in your body! Presented by NEHA Dietitian. Details to be announced.

Sleeping Patterns and Your Health - Community Lunch'N Learn - Want to lose weight, get more sleep?

Mature Driver Workshop - Learn defensive driving techniques, enhance driving skills, updates on current traffic laws and regulations, and how to compensate for any changes that may occur in hearing, vision, flexibility and reaction time. Friday February 22, from 10:00 a.m. - 3:00 p.m. at Beau Head Senior Centre, Beausejour. Fee: \$1.00. Call Cindy at 268-7300 to register.

Beausejour Winterfest - Sleigh rides, skate with the Blades, seniors activities, kids corner, ongoing demonstrations, entertainment, artisans and crafters, indoor and outdoor festivities, contest, food, fun and free hot apple cider and more! Monday February 18, (Louis Riel Day) from 10:00 a.m. - 4:00 p.m. at SunGro Centre, Beausejour. FREE! For information call Cindy at 268-7300 or Donna at 268-7568.

Self Esteem/Assertiveness Workshop Series. Sponsored by the Canadian Mental Health Association, Eastman. Presented by Gilbert Berg, Community Educator. Five consecutive Mondays, April 7 to May 5 from 9:30 to 11:30 a.m. in the Multi-Purpose room of the Beausejour Health Centre. Call 444-4691 to register.

Pole Walking - Join other Pole Walkers as we walk across the country keeping track of our laps. Every Tuesday at 10:30 a.m. and Friday at 1:30 p.m. at the SunGro Centre, Beausejour. FREE! For information call Cindy at 268-7300.

Sleigh Rides for Seniors - Enjoy an outing of sleigh rides, hot chocolate and socializing in the club house on a fresh winter's day. Friday February 8, from 12:30 - 2:30 p.m. Pick up at SunGro Centre at 12:15 to transport to Dumas Sleigh Rides. Fee: \$15.00/person. Call Cindy at 268-7300 to register.

Blue Water District

Pine Falls Health Complex Box 2000 Pine Falls, MB, R0E 1M0
Wellness Facilitator: Susan Spindler Phone: 367-5410

Bookmates programs - Are you looking for something fun to do with you toddler or preschooler during the winter months? Wings of Power has a few Bookmates programs running this winter for families with young children. Call Ginette at 367-9641 to register .

Alphabet Soup – is a fun six-week family learning program based on family literacy and healthy eating. Children will have fun playing, learning and helping prepare lunch. The program will be held starting Wednesday January 9 from 11:30 a.m. – 1:00 p.m. at Wings of Power . Call Ginette at 367-9641 to register.

Literacy and Parenting Skills (LAPS), is a program for parents that uses children's books to build family literacy and covers many common parenting issues such as anger management, budgeting, safety, etc. Watch for further information.

Prenatal Classes - Offered by the Blue Water Mobile Prenatal Team every Thursday from 11:30 a.m. – 1:30 p.m. and postnatal classes for families with babies under a year every second Tuesday. Home visits and transportation are available. Call 367-8855 to register.

Youth Mental Health Day - One day forum for youth to look at issues surrounding mental health. Manitoba Schizophrenia Society, Mood Disorders and Anxiety Disorders along with the Child and Adolescent Mental Health Worker will be presenting to the students. Tuesday March 18, at Wanipigow School .

Women's Wellness Day - will be taking place in March. Final date to be determined. This day will include PAP test by female practitioners. These will be by appointment only. Watch for further information.

Iron Rose District

Whitemouth District Health Centre Box 160 Whitemouth, MB. R0E 2G0
Wellness Facilitator: Caroline McIntosh Phone: 348-7191 ext. 240

Whitemouth Pap Clinic - Did you know that women between the ages of 18 to 69 should have a Pap test every two years? Get up to date at the Whitemouth Pap Clinic! Visiting female practitioner. Please bring your Manitoba Health Card. New patients are welcome. Wednesday, January 16, at the Whitemouth District Health Centre. FREE! For appointments or information call Christine at 348-2291.

Iron Rose District (Con't)

Pass on the Salt Shaker Please - Hypertension Alert! - You've heard it time and time again - Canadians eat way too much salt. What role does salt play in hypertension and what are the consequences. Find out which foods are surprisingly salty and how to make foods taste great without added salt. Presented by a NEHA Dietitian. Wednesday February 6, 2:00 - 2:30pm. Whitemouth District Health Centre Meeting Room. FREE! For information call Caroline at 348-7191 ext. 240.

Save a Life, Learn CPR - Celebrate Heart Month by learning the basics of CPR and Automated External Defibrillation (AED) and receive a free 'CPR Anytime 'Family & Friends' Kit (\$40 value). Facilitated by Leonard Mueller, Certified CPR Instructor. Basics only, no certification. Choose one of these dates: Friday, February 22 OR Saturday, February 23, 9:30am - 12:30pm. Location to be determined. FREE! Register before February 15th. Call Marilyn at 348-4610.

Ready, Set, Grow...Calling all 3 & 4 year olds! This is a day to check out developmental milestones, learn valuable information and have lots of fun! February 25 from 2:00 - 6:00 p.m. at the Whitemouth School. Pre-registration preferred, call Kristal at 348-4613 or Debbie at 268-6534 to register.

Radical Thinking – Anti-oxidants to the Rescue! What are anti-oxidants and where do you find them? What role do they play in staying healthy? Find out about C, E, selenium, beta-carotene and more, and see how they zap free radicals in your body! Presented by a NEHA Dietitian. Coming - Wednesday April 30th.

Springfield District

Kin Place Primary Health Care Centre, 689 Main Street, Oakbank, MB. R0E 1J0
Wellness Facilitator: Caroline McIntosh Phone: 444-2227 ext. 6217

Get Better Together! Program - A program for **living better** with health conditions, such as Arthritis, Asthma, Cancer, Chronic Back Pain, Depression, Diabetes, Fibromyalgia, Heart Disease, High Blood Pressure - Or any ongoing condition. This program focuses on helping you take control of your health to be better able to: manage your pain, deal with fatigue, frustration & isolation, increase your energy level, use medications effectively, and solve problems and meet personal goals. Six Wednesdays, January 16 – February 20, 1:00 – 3:30 p.m. at Kin Place Seniors Complex MPR. FREE! Registration includes a copy of the book Living a Healthy Life with Chronic Conditions. Call Caroline at 444-2227 ext. 217 or Diane at 444-6128.

Menopause Workshop - Moving Toward Menopause - A workshop to help women make informed health choices in peri-menopause and beyond: understand and better manage symptoms of menopause; learn about options in hormone therapies and alternative therapies; learn about nutrition, weight management, and emotional wellbeing in midlife. Friday February 29, 9:00 a.m. - 4:00 p.m. Kin Place Health Complex MPR. Fee: \$15, includes lunch. Pre-registration with payment is required before February 25 at Kin Place Health Complex, Box 28, 689 Main Street, Oakbank, R0E 1J0. For information call Caroline at 444-2227 ext. 6217.

Mature Driver Workshop Returns! - Learn defensive driving techniques; Enhance your driving skills; Update your knowledge of current traffic laws & regulations; Learn how to compensate for changes in hearing, vision, flexibility & reaction time. ***PLEASE NOTE THERE IS NO TESTING INVOLVED! THIS WORKSHOP DOES NOT AFFECT YOUR DRIVER'S LICENCE! This Highly Praised Program returns to Oakbank February 11, 9:30 a.m. – 2:30 p.m., at the Kin Place Seniors Housing MPR. If you missed it last time – it's definitely worth a look. If you attended last time – it's definitely worth a second time around. The program is FREE; Lunch is \$5.00. Please register before February 7th. To Register call Diane at 444-6128.

Chair Yoga - Join Sue Williams for the gentle and relaxing stretches of chair yoga. Appropriate for all levels of fitness and physical ability. Excellent to maintain or increase your mobility and coordination. Friday mornings 10:30 to 11:30 a.m. 622 Main Street in Oakbank. \$5 per session. Contact Sue at 755-2852 for information.

High Blood Pressure – Is it a Ticking Time Bomb? - Join NEHA's Dale Kornelsen, Dietitian, and Melanie Black, Primary Care Nurse, for a heart healthy presentation to help you understand and control your high blood pressure. Wednesday April 23.

Explore the Store – Grocery Store Nutrition Tour - Learn how you can use the nutrition information on the label of some of your favourite breads. cookies. crackers. margarines. yogurts. and other packaged foods to make

Winnipeg River District

Lac du Bonnet District Health Centre, Box 1030 Lac du Bonnet, MB. R0E 1L0

Wellness Facilitator: Karen McDougall Phone: 345-1220

Walk the Halls in Pinawa and Lac du Bonnet - Don't let the weather or ice to stop you from walking this winter! The senior schools and community centres in Lac du Bonnet and Pinawa have opened their doors and halls to create a comfortable opportunity to walk indoors this winter. Available from November to April. Lac du Bonnet Senior School Monday - Friday from 7:00 - 8:30 a.m. and 4:00 - 6:00 p.m.; Lac du Bonnet Community Centre Tuesday and Thursday from 1:00 - 2:00 p.m.; Pinawa Secondary School & Community Centre Monday - Friday from 3:45 - 6:00 p.m. FREE! No need to register. For information call the Recreation offices at 345-8816 or 753-2639 or Pat at 345-1227.

Low Impact Exercises - All ages are welcome. Starts Tuesday January 15, at 10:00 a.m. at Pinawa Lutheran Church. Fee \$10.00/person. Advance registration required. Call Pat at 345-1227.

Pole Walking Demonstration - The poles are used to take the weight and stress off the hips, thighs, knees, ankles and feet. Boost your walking routine to a full body workout. All ages are welcome. January 22, at 11:00 a.m. in the Lutheran Church, Pinawa. Fee \$1.00. Advance registration required, call Pat at 345-1227.

Get Connected! Mood, Food and You - Find out how food affects your mood, and how you can turn that knowledge into action for change. Tuesday January 29, from 5:00 - 6:00 p.m. at the Lac du Bonnet District Health Centre. Please register with \$5.00 fee (includes a light snack) at the Lac du Bonnet District Health Centre or Pinawa Hospital Business Office. For information call Kristen at 345-1230; Andrea at 345-1211; or Karen at 345-1220.

Work-Life Balance: - Do you find it difficult to balance the different roles in your life? If so, you are not alone. Join Gilbert Berg, Canadian Mental Health Association, to explore issues related to this everyday challenge that we all face. Tuesday March 11, 6:30 - 8:30 p.m. at Lewis Centre-Pinawa. Fee \$5.00. Please register with fee at Pinawa Hospital Business Office or Lac du Bonnet Health Centre. For information call Karen at 345-1220.

Nutrition and the Gluten-Free Diet - Are you getting all the nutrients your body requires? Join NEHA Dietitian Kristen Ticknor to look at nutrition issues facing individuals on a gluten-free diet. Thursday March 13, from 6:30 - 9:30 p.m. at Lewis Centre - Pinawa. Fee \$5.00. Please register with fee at Pinawa Hospital Business Office or Lac du Bonnet Health Centre. For information call Kristen at 345-1230 or Karen at 345-1220.

4th Annual Spring Fling Festival - An annual festival for residents, cottagers and tourists of Lac du Bonnet and surrounding area to celebrate all that Lac du Bonnet has to offer, as well as the end of a tiresome, grueling winter! Activities include a Taste of Lac du Bonnet event showcasing local talent in music and cooking, a craft & gift sale, a flea market, a family dodge ball tournament, a penny carnival for children, a meat draw, a family bingo, a community treasure hunt, a pancake breakfast and much more. April 18-20. Pick up your event schedule at local businesses or the Recreation Office. FREE! Vendors call the Rec. Office at 345-8816 to register for the craft/gift sale and flea market.

Mature Driver Workshop - Be road wise and enhance your driving skills. Update your knowledge of current traffic laws, regulations and more. All ages welcome. Monday April 28, from 10:00 a.m. - 3:00 p.m. at the Lac du Bonnet Pioneer Club. Fee: \$7.00 for lunch. Advanced registration required, call Pat at 345-1227.

Computer Training For Seniors - Want to enhance your motor skills, help stimulate cognitive functioning, hand-eye coordination? Learn to surf the net and e-mail. Date, time and location to be announced. Registration \$35.00/person. Call Pat at 345-1227 or e-mail tworiver@granite.mb.ca.

Introduction to CPR (Certified) - The course will address recognition, treatment, prevention of heart attack, airway and cardiac emergency and choking. Date, time and location to be announced. Fee \$12.00/person, minimum 6 participants. Advance registration required, call Pat at 345-1227 or e-mail tworiver@granite.mb.ca.