

## Highland PCN Health Improvement Program      Phone: 587-287-1727

**About the program:** New and innovative, the Health Improvement Program (HIP) guides individuals who are ready to take their health into their own hands and improve the quality of their life through group classes.

You will be called or emailed with a reminder 1-2 days before your class and provided with a location (either the Highland PCN, Airdrie Library or Airdrie Mental Health Annex).

### Step One

#### Health Foundations

**About:** Health foundations class is the initial step in Highland PCN's Health Improvement Program (HIP). Most people have a pretty good idea how to improve their health. Health foundations class looks at what gets in the way. We explore the topics of sleep habits, stress, self-acceptance, goal setting, fueling the body and enjoyable movement. Highland PCN and community resources will be shared so you can decide how to best manage your care going forward. Remember, even a very small step can create big change.

#### Schedule:

**Dates:** Runs from 6:00pm - 8:00pm on the first Thursday of every month

Runs from 10:00am-noon on the third Tuesday of every month

**Location:** Highland PCN – 101, 217 Centre Ave, Airdrie

### Step Two

Once you have completed the Health Foundations class, choose from the following classes:

#### ABCD's of Digestion (Abdominal Pain, Bloating, Constipation and Diarrhea)

**About:** In this two-hour class you will learn how diet and lifestyle choices can help you manage constipation, diarrhea, pain, gas and bloating.

#### Are We There Yet?

**About:** This drop in group offers participants a chance to share their triumphs and work through their challenges. Facilitated by a Highland PCN staff member and featuring rotating short discussion topics such as goal setting, motivation and more.

#### Blood Pressure and Cholesterol Essentials

**About:** The Cholesterol and Blood Pressure Essentials Class focuses on reducing your cardiovascular risk by covering the following topics:

- What is artery disease, hypertension and high cholesterol and what are the risk factors?
- How do we reduce blood pressure and cholesterol levels?
- Why is exercise important and what kind is beneficial?
- Heart Healthy eating and how to eat to lower your blood pressure
- Reading food labels

### Craving Change™

**About:** Craving Change™ is Canada's #1 cognitive-behavioral program for people who struggle with their eating habits. The practical, skill-based approach will help you to understand why we eat the way we do. This is 3 week workshop (1- 2hr session/week). Please be sure you can attend all 3 weeks.

- \* We recommend taking classes Weight Management and Mindful Eating prior to attending Craving Change.

### Getting started with Nutrition

**About:** Learn the basics for healthy eating at this class. This class will help you:

- Learn the basic recommendations for healthy eating and exercise
- Learn how to make your meals balanced
- Gain an understanding of food labels

### Happiness Basics

**About:** A four-week workshop for people who want to learn to be happier. Happiness Basics reviews 13 skills to use in everyday life.

### Heart Math

**About:** This class introduces the Heart Math system of breathing techniques and a heart rate variability tool that can help you manage life's challenges and improve overall health, emotional wellness and resilience. See your body's responses in real time.

\*Please note this class has two parts, you can choose to attend only Part 1. However you must complete Part 1 to be able to attend Part 2

### Intro to Diabetes

**About:** This 3 hour program focuses on the following topics:

- Type 1 and type 2 Diabetes
- How to avoid complications.
- Food choices, reading food labels & dining out.
- Blood sugar testing

### Mindful Eating

**About:** “Mindful Eating” focuses on how to improve your relationship with food and eating by looking at things differently. In “Mindful Eating” you will learn some introductory steps to part ways with unnecessary food rules and make food fun and enjoyable again.

### Relaxation

**About:** People often say "Just Relax?" Is it really that easy? Well, no it's not. Like anything important, it takes some time and to learn how to relax in a way that has health benefits. In this 1-1.5 hour class we will utilize gentle movement and stillness to elicit the relaxation response. The relaxation response causes the body and the nervous system to slow down this can help to counteract stress and reduce pain. Everyone is welcome to attend but the class will be geared towards those living with pain.

### Sleep Essentials

**About:** Having trouble sleeping? Not feeling refreshed? Poor sleep can have an effect on your physical and mental health. Sometimes we are doing all the right things and we just can't sleep. This class focuses tips and tricks to improve your sleep habits and stop tossing and turning!

### Slice of Happiness

**About:** In this 1.5 hour class we will learn what makes people happy and the skills to apply in our own lives to increase our happiness

### Stressing Well

**About:** Stress is the body's way of reacting to any change it needs to adapt to. The body reacts to these changes with physical, mental, and (sometimes) emotional responses. Did you know that how you think about you stress matters? In this 2 hour class we will learn practical strategies to help you use your stress to meet your goals. Some of the material we will cover includes problem-solving, changing our thinking, mindfulness, and resiliency.

### Weight Management: Myths and Truths

**About:** Feel “weighed down” with your weight loss goals? Leave the weight loss treadmill behind you for good. Join one of our Highland PCN health providers to focus on the common myths and misconceptions around weight loss. Discover the lifestyle strategies that work to discover the healthiest version of you.

### What's for Supper?

**About:** Is “What's for supper?” a dreaded question in your home? Life is so busy. Let's try to make it easier. Join Highland PCN Registered Dietitian to discover some simple strategies to get a balanced dinner on the table. This hands-on class will focus on getting started with meal planning and simplifying those confusing food labels.

### Step 3

#### Registration

If you are ready to sign up for classes after Health Foundations please fill out your registration sheet and return to the class facilitators or you can call 587-287-1727 to register at a later date.