

### **HEART HEALTH (HH)** (1.5 hr class)

Learn how nutrition and healthy eating can help you keep your heart healthy. Explore nutrition strategies for improving your cholesterol and lowering your blood pressure. In this workshop, learn how to read Nutrition Labels and practice this new skill to help you make healthy food choices at the grocery store.

- ⇒ **Thursday Sep 22 from 5-6:30pm**
- ⇒ **Tuesday Oct 27 from 2:30-4pm**
- ⇒ **Thursday Nov 17 from 5-6:30pm**
- ⇒ **Thursday Dec 15 from 2:30-4pm**

### **HEALTHY Eating for Healthy Aging( HE)**

(1.5 hr class)

Explore how to age gracefully through healthy eating, and the importance of staying active. Learn about some common problems as we age and strategies to help with these challenges.

- ⇒ **Wednesday Nov 16 from 11-12:30pm**

### **HEALTHY EATING, HEALTHY LIVING (WM)**

(1.5 hr class)

Discuss factors that influence weight, increase your awareness of types of hunger and learn to tune into hunger cues. Review healthy eating strategies including portion sizes, meal timing & healthy snacks.

- ⇒ **Thursday Sep 15 from 5-6:30pm**
- ⇒ **Wednesday Oct 19 from 11-12:30pm**
- ⇒ **Thursday Nov 10 from 5-6:30pm**
- ⇒ **Thursday Dec 8 from 2:30-4pm**

### **MINDFUL EATING (ME)** (2 hours, 4 sessions)

#### **What are you hungry for?**

Do you catch yourself eating mindlessly in front of the TV or computer? Are your thoughts and beliefs about food and eating a barrier to caring for yourself or your health? This brief group workshop uses guided meditation, reflection, group discussion and home practice to explore your relationship with food and address why you eat the way you do. It is developed to help you discover ways to challenge your thoughts and beliefs about eating, become more aware of how to eat mindfully, and to enjoy food fully while improving your health.

- ⇒ **Tuesday Nov 8 from 5:30-7:30pm**
- ⇒ **Tuesday Nov 15 from 5:30-7:30pm**
- ⇒ **Tuesday Nov 22 from 5:30-7:30pm**
- ⇒ **Tuesday Nov 29 from 5:30-7:30pm**

All classes are led or co-lead by our Registered Dietitians and other Family Health Team members.

#### **ALL CLASSES ARE COVERED BY OHIP**

**\*All Classes and workshops are subject to sufficient enrollment.**

**Please call 416-621-2220 ext 253 for more information or to register .**

**All classes and workshops are located at:  
85 The East Mall, unit 400 , Toronto M8Z 5W4**

Visit us online at: [www.emcfht.ca](http://www.emcfht.ca)

## **Etobicoke Medical Centre Family Health Team**



# **Eat Well, Be Well**

## **Nutrition and Health Promotion Programs & Workshops**

**FALL 2016**



## What's new and ongoing for Nutritional Services

### INFANT NUTRITION (IN)(1.5 hr class)

Learn how to provide healthy nutrition to your infant and create a healthy feeding relationship. RD's answer questions on when and how to introduce solids, how much your infant should eat, and creating healthy eating environment.

⇒ **Thursday Oct 6 from 11-12:30pm**

⇒ **Wednesday Dec 7 from 11-12:30pm**



### THE CHANGE (MENOPAUSE WORKSHOP)

(1.5 hr class)

Be part of a relaxed environment where we will discuss the physiological changes associated with 'the change', We will discuss common symptoms women may experience as well as some pharmacological and non-pharmacological strategies to relieve these symptoms. Tips for emotional, and physical well being around this time.

Workshop will be guided by some of our health care team members including Registered Dietitians, Nurses, Social Worker, and Clinical Pharmacist.

⇒ **Monday Nov 14 from 5-6:30pm**

⇒ **Monday Nov 21 from 5-6:30pm**

### URBAN POLE WALKING GROUP (UP) \*NEW\*

(1.5 hr, 4 sessions)

Are you looking to be more active? Join us and experience how walking can be fun and engaging with Urban Poles. Urban poling is like cross country skiing without the skis. The poles are designed to help you burn calories, tone your core, improve posture, and take pressure off your back and joints. The activity is suitable for all ages and all fitness levels, and poles will be provided during the sessions.

Sessions will be guided by 2 Certified Urban Pole Instructors that will walk you through the basic techniques of urban poling.

**1st offering**

**Class 1: Tuesday Sep 6 from 9:30-11am**

**Class 2: Tuesday Sep 13 from 9:30-11am**

**Class 3: Tuesday Sep 20 from 9:30-11am**

**Class 4: Tuesday Sep 27 from 9:30-11am**

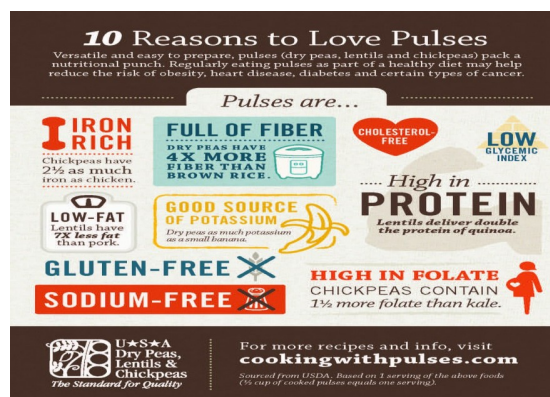
**2nd offering:**

**Class 1: Tuesday Oct 5 from 9:30-11am**

**Class 2: Tuesday Oct 12 from 9:30-11am**

**Class 3: Tuesday Oct 19 from 9:30-11am**

**Class 4: Tuesday Oct 26 from 9:30-11am**



### PRE-DIABETES (PD)(1.5 hr class)

Learn about your blood sugars and what it means to have Pre-Diabetes. Learn how food affects blood sugars and how to manage your blood sugars through various nutrition strategies to prevent Type 2 Diabetes.

⇒ **Wednesday Oct 5 from 11-12:30pm**

⇒ **Thursday Dec 1 from 5-6:30pm**

### DIABETES CONVERSATIONS (DMMAP)

(2 hour, 3 sessions)

**Part 1:** Learn about your blood sugars and how to manage diabetes.

**Part 2:** Explore how food affects blood sugars and how to manage through healthy eating and staying active. Grocery tour maybe included.

**Part 3:** Managing your medication

**1st offering**

**Part 1: Monday Sep 19 10:30am-12:30pm**

**Part 2: Monday Sep 26 10:30am-12:30pm**

**Part 3: Monday Oct 03 10:30-12:30pm**

**2nd offering:**

**Part 1: Tuesday Nov 8 2:30-4:30pm**

**Part 2: Tuesday Nov 15 2:30-4:30pm**

**Part 3: Monday Nov 21 2:30-4:30pm**

