

iConnect Health Centre

The goal of the centre is to provide education and services to help prevent and manage chronic conditions. Services include education classes, exercise classes and individual counseling with our team of registered nurses, dietitians, pharmacists, mental health workers, physiotherapists and clinical exercise specialists.

Our aim is to:

- ▶ Create an individualized program to meet your needs for a healthier lifestyle
- ▶ Teach practical approaches you can use to prevent complications and slow disease progression
- ▶ Guide you in self-management so you can gain confidence, and take control of your health.

We're here to work with you...as a partner in health!

iConnect Health Centre

Integrated Health Services

- ▶ Disease management and prevention
- ▶ Respiratory rehabilitation
- ▶ Diabetes education
- ▶ Self-management support
- ▶ Specialty exercise
- ▶ Healthy living education

234 Ross Drive
New Westminster

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www.fraserhealth.ca

iConnect Health Centre New Westminster

Integrated healthy living support for diabetes, respiratory conditions and other chronic health conditions



Respiratory Rehabilitation

 **fraserhealth**
Better health. Best in health care.

Respiratory Rehabilitation

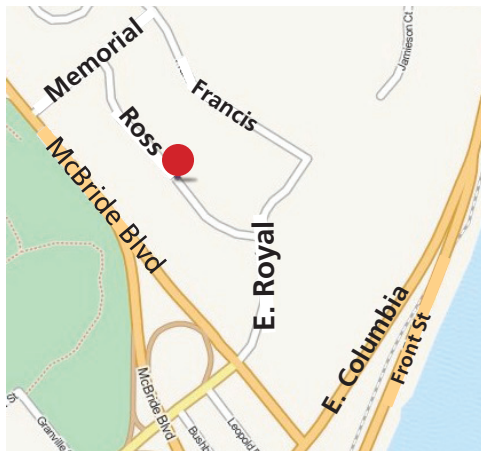
Gain knowledge, new skills and confidence to improve the quality of your life

Since 1979 respiratory rehabilitation in New Westminster has helped people who are experiencing the daily limitations of living with a chronic lung disease.

This education and exercise program will help you experience less symptoms of shortness of breath and anxiety, as well as increase your overall strength and endurance.

Programs run 3 days a week (Monday/Wednesday/Friday) for 2½ hours over 5 weeks.

Physician referral required.



234 Ross Drive, New Westminster

iConnect Group Education

Exercise Component of RRP (Respiratory Rehabilitation Program)

Provides the opportunity to learn how you can **avoid** becoming uncomfortably short of breath, as well as learning what exercises you can and should be doing to improve your health.

Small group sessions are monitored by a physical therapist and a nurse.

Exercise at your own comfortable level within your physical limitations.

Focus is on improving strength, balance, flexibility as well as overall endurance.

Education Component of RRP

Informal group sessions covering essential topics to help you manage your lung disease and improve your overall health.

- ▶ Understanding lung disease and breath control
- ▶ How to protect your lungs and use a COPD Action Plan
- ▶ Respiratory medications and correct inhaler technique
- ▶ Importance of nutrition and exercise
- ▶ Airway clearance
- ▶ Stress management and relaxation
- ▶ Energy conservation
- ▶ Advance care planning

An initial 1:1 assessment will occur for all physician referral programs.

COPD Self Management Education

Education only sessions. Specifically for people with COPD who do not need, or are unable to attend, the full RRP. Learn to maintain quality of life and avoid disease progression.

Two 2-hour group sessions
Physician referral required

Healthy Living Classes

For any chronic health condition

- ▶ Healthy Eating Series (including classes on eating basics, label reading, grocery shopping and eating out on a budget)
- ▶ Weight Management
- ▶ Managing Blood Pressure
- ▶ Managing Cholesterol
- ▶ Managing Stress
- ▶ Chronic Disease Self-Management Workshops offered by the University of Victoria Centre on Aging www.selfmanagementbc.ca

Physician referral not required for Healthy Living Classes.

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