

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



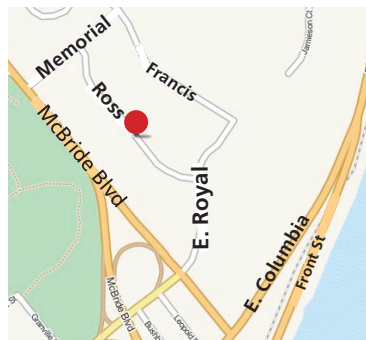
Healthy Living Classes

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

We are proud to offer the following education and exercise classes to help you better manage your chronic condition. *Registration is required for all classes.*

Healthy Living Classes at iConnect Health Centre

234 Ross Drive, New Westminster



*Registration is required for all classes.
No referrals necessary.*

Healthy Living Classes

Here at the centre we offer classes which will help you live a healthier life. Part of living a healthier life requires making small changes. These classes will focus on helping you identify which changes you can make.

Healthy Eating Series

Learn how to make healthy food choices to manage cholesterol, blood pressure, blood glucose and chronic conditions. Classes should be attended consecutively

- ▶ Healthy Eating Basics
- ▶ Label Reading and Grocery Shopping
- ▶ Eating on a Budget and Eating out

Weight Management

Healthy weight loss can help improve blood pressure, cholesterol, blood sugar management and a general feeling of well-being. This class helps you understand the concept and strategies of healthy, long-term weight loss.

Stress management

Learn about stress and its potential effect on your health. Find out if you are vulnerable to stress and, if so, learn to create a personal plan using effective self-management strategies in order to cope better.

Managing Blood Pressure

This class covers the function of blood pressure in the body, defines high blood pressure, what causes its fluctuations, and the importance of blood pressure management. This class is interactive and includes blood pressure checks, goal-setting, and self-management techniques.

Managing Cholesterol

This class covers concerns about high cholesterol, what cholesterol is, its recommended levels as well as what cause it. We discuss lifestyle recommendations and what type of medications are common therapies.

Medications for your Heart

Find out more about the medications you have been prescribed for your condition

Chronic Disease Self-Management Workshops

Offered by the University of Victoria Centre on Aging: www.selfmanagementbc.ca

The Centre also offers: Diabetes Education Classes

A referral from a physician or health care provider is required.

- ▶ **Diabetes Prevention Class:** Find out how to prevent or delay onset of diabetes
- ▶ **Diabetes Self-Management Classes:** Understand how to manage diabetes and complications

Respiratory Rehabilitation Program

Referral from a physician is required.

An education and exercise program that will help you manage your lung disease and improve your overall health. The program runs for 2 1/2 hours per day, 3 days per week over 5 weeks.

COPD Self Management Education

Specifically for people with COPD who do not need, or are unable to attend, the full Respiratory Rehab Program. Learn to maintain quality of life and avoid disease progression.

Two 2-hour group sessions

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