

**Diabetes Self Management Program Outline:**

A free two class series lead by Chronic Disease Educators. Class 1 answers questions such as; what is diabetes? how to control blood sugars, what to eat with diabetes, how to read food labels. Class 2 will cover; new and up-to-date treatments for diabetes, how to stay healthy from your eyes to your toes, how to manage cholesterol and blood pressure and how to make healthy lifestyle choices.



Register for classes in your area!

**Gimli:**

- Date:** Wednesday, September 5  
(Class 1 & Class 2 combined)  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Gimli Hospital Meeting Room #5
- Date:** Friday, October 5  
(Class 1 & Class 2 combined)  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Gimli Hospital EMS Classroom
- Date:** Wednesday, November 7  
(Class 1 & Class 2 combined)  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Gimli Hospital Meeting Room #5

**Teulon:**

- Date:** Wednesday, September 12  
(Class 1 & Class 2 combined)  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Teulon Hospital Boardroom
- Date:** Wednesday, October 10  
(Class 1 & Class 2 combined)  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Teulon Hospital Boardroom
- Date:** Wednesday, November 14  
(Class 1 & Class 2 combined)  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Teulon Hospital Boardroom

**Selkirk:**

- Date:** Tuesday, September 4 (Class 1)  
and Tuesday, September 11 (Class 2)  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** 446 Main Street Boardroom
- Date:** Tuesday, October 2 (Class 1) and  
Tuesday, October 9 (Class 2)  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** 446 Main Street Boardroom
- Date:** Tuesday, November 6 (Class 1) and  
Tuesday, November 13 (Class 2)  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** 446 Main Street Boardroom

**Stonewall:**

- Date:** Thursday, September 6 (Class 1 &  
Class 2 combined)  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Stonewall Hospital Multipurpose  
Rooms A & B
- Date:** Thursday, October 4 (Class 1 &  
Class 2 combined)  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Stonewall Hospital Multipurpose  
Rooms A & B

**To register and for information for all programs and events contact:**

**[wellness@irha.mb.ca](mailto:wellness@irha.mb.ca)**

**467-4745 or 1-877-979-WELL (9355)**



### Stonewall:

**3. Date:** Thursday, November 1 (Class 1 & Class 2 combined)

**Time:** 9:30 a.m. - 12:00 p.m.

**Location:** Stonewall Hospital Multipurpose Rooms A & B

### Ashern:

**1. Date:** Thursday, September 6

**Time:** 1:00 p.m. - 3:00 p.m.

**Location:** Ashern Community Health Office Boardroom

**2. Date:** Thursday, November 15

**Time:** 10:00 a.m. - 12:00 p.m.

**Location:** Ashern Community Health Office Boardroom

### Eriksdale & St. Laurent:

**1. Date:** Wednesday, November 14 (Class 1 & Class 2 combined)

**Time:** 1:00 p.m. - 3:00 p.m.

**Location:** Eriksdale Wellness Centre Boardroom & St. Laurent Community Health Office via Telehealth

### Arborg:

**1. Date:** Thursday, September 6  
(Class 1 & Class 2 combined)

**Time:** 1:00 p.m. - 3:00 p.m.

**Location:** Provincial Building Boardroom

**2. Date:** Thursday, November 8  
(Class 1 & Class 2 combined)

**Time:** 1:00 p.m. - 3:00 p.m.

**Location:** Provincial Building Boardroom

### Hodgson:

**1. Date:** Wednesday, September 19

**Time:** 1:00 p.m. - 3:00 p.m.

**Location:** Percy Moore Hospital Boardroom

**2. Date:** Wednesday, December 5

**Time:** 1:00 p.m. - 3:00 p.m.

**Location:** Percy Moore Hospital Boardroom

### Peguis:

**1. Date:** Wednesday, October 17

**Time:** 1:00 p.m. - 3:00 p.m.

**Location:** Peguis Health Centre Boardroom

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### [Insulin Education Session Outline:](#)

*Have you recently started insulin or have questions about using insulin to manage diabetes? Have all of your questions answered by a Chronic Disease Nurse Educator at this free educational session.*

*Register for classes in your area!*



#### [Selkirk:](#)

**1. Date:** Tuesday, September 18  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** 446 Main Street, Boardroom

**2. Date:** Tuesday, October 16  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** 446 Main Street, Boardroom

**3. Date:** Tuesday, November 20  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** 446 Main Street, Boardroom

#### [Teulon:](#)

**1. Date:** Wednesday, September 26  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Teulon Hospital Boardroom

**2. Date:** Wednesday, October 24  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Teulon Hospital Boardroom

**3. Date:** Wednesday, November 28  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Teulon Hospital Boardroom

#### [Gimli:](#)

**1. Date:** Wednesday, September 19  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Gimli Hospital Meeting Room #5

**2. Date:** Wednesday, October 17  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Gimli Hospital Meeting Room #5

**3. Date:** Wednesday, November 21  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Gimli Hospital Meeting Room #5

#### [Stonewall:](#)

**1. Date:** Thursday, September 13  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Stonewall Hospital Multipurpose Rooms A & B

**2. Date:** Thursday, November 8  
**Time:** 9:30 a.m. - 12:00 p.m.  
**Location:** Stonewall Hospital Multipurpose Rooms A & B

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**Eriksdale & St. Laurent:**

**1. Date:** Wednesday, September 12  
**Time:** 1:00 p.m. – 3:00 p.m.  
**Location:** Eriksdale Wellness Centre  
Boardroom & St. Laurent Community  
Health Office via Telehealth

**Ashern:**

**1. Date:** Thursday, October 25  
**Time:** 1:00 p.m. – 3:00 p.m.  
**Location:** Ashern Community Health Office  
Boardroom

**Arborg:**

**1. Date:** Thursday, November 1  
**Time:** 10:00 a.m. – 12:00 p.m.  
**Location:** Provincial Building Boardroom

**Hodgson:**

**1. Date:** Wednesday, November 7  
**Time:** 1:00 p.m. – 3:00 p.m.  
**Location:** Percy Moore Hospital Boardroom



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**Diabetes Troubleshooting (Nurse) Education Session Outline:**

*This is a new and exciting free class! If you have questions, concerns, frustrations or just a general interest in getting your diabetes under control, this is the class for you! We will discuss issues raised by the group, new research, medications and technology regarding diabetes. "There is no stupid question! Except, possibly, a question not asked." – Christer Romson.*



Register for classes in your area!

**Gimli:**

- Date:** Wednesday, September 19  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Gimli Hospital Meeting Room #5
- Date:** Wednesday, October 17  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Gimli Hospital Meeting Room #5
- Date:** Wednesday, November 21  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Gimli Hospital Meeting Room #5

**Selkirk:**

- Date:** Tuesday, September 18  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** 446 Main Street, Boardroom
- Date:** Tuesday, October 16  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** 446 Main Street, Boardroom
- Date:** Tuesday, November 20  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** 446 Main Street, Boardroom

**Stonewall:**

- Date:** Thursday, September 13  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Stonewall Hospital Multipurpose Rooms A & B
- Date:** Thursday, November 8  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Stonewall Hospital Multipurpose Rooms A & B

**Teulon:**

- Date:** Wednesday, September 26  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Teulon Hospital Boardroom
- Date:** Wednesday, October 24  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Teulon Hospital Boardroom
- Date:** Wednesday, November 28  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Teulon Hospital Boardroom

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**467-4745 or 1-877-979-WELL (9355)**



**Ashern:**

**1. Date:** Wednesday, November 21  
**Time:** 10:00 a.m. – 12:00 p.m.  
**Location:** Ashern Community Health Office Boardroom

**Arborg:**

**1. Date:** Thursday, December 6  
**Time:** 10:00 a.m. – 12:00 p.m.  
**Location:** Arborg Provincial Building Boardroom

**Hodgson:**

**1. Date:** Wednesday, November 28  
**Time:** 1:00 p.m. - 3:00 p.m.  
**Location:** Percy Moore Hospital Boardroom

**Peguis:**

**1. Date:** Wednesday, October 10  
**Time:** 1:00 p.m. - 3:00 p.m.  
**Location:** Pequis Health Centre Boardroom

**Eriksdale & St. Laurent:**

**1. Date:** Wednesday, October 24  
**Time:** 1:00 p.m. - 3:00 p.m.  
**Location:** Eriksdale Wellness Centre Boardroom & St. Laurent Community Health Office via Telehealth



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**Diabetes Troubleshooting (Dietary) Education Session Outline:**

*This is a new and exciting free class! If you have questions, concerns, frustrations or just a general interest in getting your diabetes under control, this is the class for you! We will discuss dietary issues raised by the group. If you have recipes to share or tips on what has worked for you, please bring them to class. "There is no stupid question! Except, possibly, a question not asked." – Christer Romson.*



Register for classes in your area!

**Stonewall:**

**1. Date:** Thursday, September 27  
**Time:** 6:00 p.m. - 8:00 p.m.  
**Location:** Stonewall Hospital Multipurpose Rooms A & B

**2. Date:** Thursday, October 18  
**Time:** 9:30 a.m. – 12:00 p.m.  
**Location:** Stonewall Hospital Multipurpose Rooms A & B

**3. Date:** Thursday, November 15  
**Time:** 9:30 a.m. – 12:00 p.m.  
**Location:** Stonewall Hospital Multipurpose Rooms A & B

**Selkirk:**

**1. Date:** Tuesday, September 11  
**Time:** 1:00 p.m. – 3:30 p.m.  
**Location:** 446 Main Street Boardroom

**2. Date:** Tuesday, November 13  
**Time:** 1:00 p.m. – 3:30 p.m.  
**Location:** 446 Main Street Boardroom

**3. Date:** Tuesday, December 11  
**Time:** 1:00 p.m. – 3:30 p.m.  
**Location:** 446 Main Street Boardroom

**Arborg:**

**1. Date:** Thursday, November 22  
**Time:** 1:00 p.m. - 3:00 p.m.  
**Location:** Arborg Provincial Building Boardroom

**Ashern:**

**1. Date:** Thursday, December 13  
**Time:** 10:00 a.m. – 12:00 p.m.  
**Location:** Ashern Community Health Office Boardroom

**Hodgson:**

**1. Date:** Wednesday, October 3  
**Time:** 1:00 p.m. – 3:00 p.m.  
**Location:** Percy Moore Hospital Boardroom

**Eriksdale & St. Laurent:**

**1. Date:** Wednesday, November 21  
**Time:** 1:00 p.m. - 3:00 p.m.  
**Location:** Eriksdale Wellness Centre Boardroom & St. Laurent Community Health Office via Telehealth

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### [Eating for Health Education Session Outline:](#)

Whether it is general wellness, nutrition tips, weight loss tips or disease specific guidance you seek, this class is for you! You will learn about lifestyle changes to help you improve cholesterol, blood pressure and what to eat to be a healthier you. You will learn all about food sources of fat, fibre and sodium and how to read food labels and make sense of it all.



Register for classes in your area!

#### [Selkirk:](#)

- 1. Date:** Tuesday, September 4  
**Time:** 1:00 p.m. – 3:30 p.m.  
**Location:** 446 Main Street Boardroom
- 2. Date:** Tuesday, October 2  
**Time:** 1:00 p.m. – 3:30 p.m.  
**Location:** 446 Main Street Boardroom
- 3. Date:** Tuesday, November 6  
**Time:** 1:00 p.m. – 3:30 p.m.  
**Location:** 446 Main Street Boardroom

#### [Teulon:](#)

- 1. Date:** Wednesday, September 12  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Teulon Hospital Boardroom
- 2. Date:** Wednesday, October 10  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Teulon Hospital Boardroom
- 3. Date:** Wednesday, November 14  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Teulon Hospital Boardroom

#### [Stonewall:](#)

- 1. Date:** Thursday, September 6  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Stonewall Hospital Multipurpose Rooms A & B
- 2. Date:** Thursday, October 4  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Stonewall Hospital Multipurpose Rooms A & B
- 3. Date:** Thursday, November 1  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Stonewall Hospital Multipurpose Rooms A & B



#### [Gimli:](#)

- 1. Date:** Wednesday, September 5  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Gimli Hospital Meeting Room #5
- 2. Date:** Friday, October 5  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Gimli Hospital EMS Classroom
- 3. Date:** Wednesday, November 7  
**Time:** 1:00 p.m. - 3:30 p.m.  
**Location:** Gimli Hospital Meeting Room #5

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**Arborg:**

**1. Date:** Thursday, October 25

**Time:** 1:00 p.m. - 3:00 p.m.

**Location:** Arborg Provincial Building  
Boardroom

**Eriksdale & St. Laurent:**

**1. Date:** Wednesday, September 19

**Time:** 10:00 a.m. - 12:00 p.m.

**Location:** Eriksdale Wellness Centre  
Boardroom & St. Laurent Community  
Health Office via Telehealth

**Ashern:**

**1. Date:** Thursday, November 1

**Time:** 10:00 a.m. - 12:00 p.m.

**Location:** Ashern Community Health Office  
Boardroom

**Hodgson:**

**1. Date:** Wednesday, September 5

**Time:** 1:00 p.m. – 3:00 p.m.

**Location:** Percy Moore Hospital Boardroom

**Peguis:**

**1. Date:** Wednesday, November 14

**Time:** 1:00 p.m. – 3:00 p.m.

**Location:** Peguis Health Centre Boardroom

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### [Get Better Together:](#)

*Get Better Together! Is a free six week workshop for anyone living with an ongoing health condition such as: arthritis, MS, depression, asthma, chronic pain, diabetes, anxiety, cancer, fibromyalgia & heart disease. People with different chronic health problems attend together to deal with common issues they face and to motivate each other with solutions and techniques for:*



- *Dealing with frustration, pain, fatigue and isolation*
- *Appropriate exercises for maintaining and improving strength, flexibility and endurance*
- *Appropriate use of medications*
- *Communicating effectively with family, friends and health professionals*
- *Maintaining appropriate nutrition*
- *Engaging with other community resources*

*Register for classes in your area!*

### [Arborg](#)

**1. Date:** Thursdays, September 13 – October 18, 2012

**Time:** 1:00 p.m. - 4:00 p.m.

**Location:** Arborg Provincial Building Boardroom

### [Ashern](#)

**1. Date:** Thursdays, September 13 – October 18, 2012

**Time:** 1:00 p.m. - 4:00 p.m.

**Location:** Ashern Community Health Office Boardroom

### [Stonewall](#)

**1. Date:** Wednesdays, September 12 – October 17, 2012

**Time:** 6:00 p.m. – 8:30 p.m.

**Location:** Stonewall Lions Manor

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### [Active Living Facilitator \(ALF\) Training:](#)

Become an Active Living Facilitator (ALF) and learn to lead others in physical activity. This leader training course is an introductory program from the Manitoba Fitness Council.

Once trained, an Active Living Facilitator is able to guide active living activities in the following areas:

- *Indoors or Outdoors*
- *Walking*
- *Basic Stretching and Range of Motion*
- *Activities of Daily Living*
- *Basic Body Weight Strengthening*

Register for training in your area!

**Stay tuned for a Fall 2012 date.**



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### [Mobile Wellness Event Schedule:](#)

*Mobile Wellness (MW) events are free events that brings a team of health care professionals to provide education and help you make healthy lifestyle choices. MW encourages people to be aware of the factors that affect their health and the things that they can do to improve their health. MW includes: a health check (blood pressure, blood glucose, and a lifestyle quiz); healthy displays on physical activity, nutrition, smoking and stress, healthy lifestyles presentation and a passport to record results.*



*Look for Mobile Wellness Events in your area or call to book your own Mobile Wellness!*

### [Stonewall:](#)

**1. Date:** Saturday, October 13  
**Time:** 11:00 a.m. – 3:00 p.m.  
**Location:** Oak Hammock Marsh

### [Teulon:](#)

**1. Date:** Tuesday, October 16  
**Time:** 10:00 a.m. – 4:00 p.m.  
**Location:** Teulon-Rockwood Centennial Centre



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