

Community Wellness Team

Interlake-Eastern Regional Health Authority

SCHEDULE OF CLASSES & EVENTS

MARCH 2025 *schedule may change at any time

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HEALTHY EATING

Craving Change®

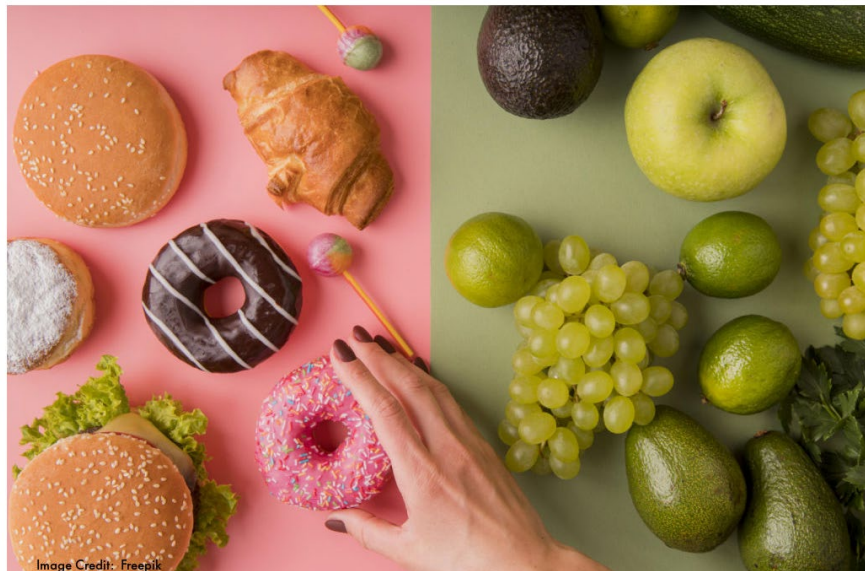
A how-to workshop for changing relationships with food.

Change your thinking, change your eating.

Are you craving change in your eating habits? Do you want to know more about why you eat the way that you do? Then this **FREE program** is the class for you!



Craving Change® "Is this Stomach, Mouth or Heart Hunger?"



Craving Change

- Thursdays, March 13th to April 3rd
1:30 pm to 3:00 pm
Online via MS Teams, email wellness@ierha.ca to register
- Tuesdays, April 15th to May 20th
12:00 pm to 1:00 pm
Online via MS Teams, email wellness@ierha.ca to register

To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

Empowered Eating

A Develop a healthier relationship with food.

- Explore your current relationship with food.
- Explore feelings, beliefs, and behaviours around food.
- Explore new tools, ideas, and ways of thinking.

Empowered Eating



Empowered Eating

*Develop a
healthier
relationship
with food.*

To get on a mailing list to be notified when the next session is scheduled please email wellness@ierha.ca.

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**SCHEDULE SUBJECT TO CHANGE

HEALTHY BABY

HOW TO HAVE PLEASANT MEALTIMES

FEEDING LITTLES

Do you worry about what your children eat? or don't eat? Do you have questions about feeding your children or how to get them to eat new (or old) foods? or even eat at all? If yes, please join me Caroline Le Clair (Registered Dietitian) for a Virtual Class with tips on how to prevent meal time battles and what to do if they occur.

Call 1-877-979-9355 or email wellness@ierha.ca to register

Feeding Littles – How to have pleasant mealtimes

Thursday Apr. 24th

10:00 am - 11:30 am

Online session via MS Teams - email wellness@ierha.ca to register.

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE



Feeding Your Baby – Intro to solids

Thursday Mar. 27th, 2025

10:00 am - 11:30 am

Online session via MS Teams - email wellness@ierha.ca to register.

To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

Join us at Our Time Healthy Baby Drop-In



Interlake-Eastern Regional Health Authority's **Our Time Healthy Baby Program** is available for all pregnant individuals and parents with infants up to one year of age. Healthy Baby Community Programs help pregnant individuals and new parents connect with other parents, families and health professionals.

Our Time Healthy Baby Program can offer:



- group sessions
- milk coupons
- recipe/meal bags
- information, support and resources on prenatal and postnatal nutrition & health, breastfeeding, parenting tips and lifestyle choices

For free registration please contact:

East side Interlake- Robin, 204-345-0290 rcyr@ierha.ca

West side Interlake -Denise, 204-785-7708 or email dwoloshyn@ierha.ca

Or call your local Public Health Nurse for more information, [Community Health Office locations.](#)



MyBaby

**Get positive
parenting support
via email or text.**

MyBaby has short videos that show how you can bond with your baby and help them grow and develop.

Sign up now to get weekly ideas and tips.

Visit my-baby.ca,
or scan now to
get started.

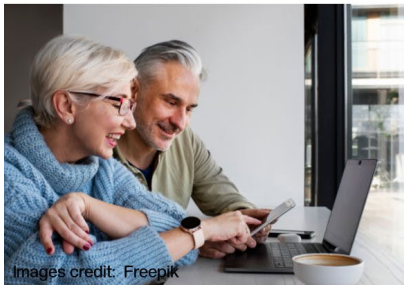


 **RRC** POLYTECH

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

HEALTHY SMILES



Healthy Smiles!

Oral Health Presentation on MS Teams
Tuesday April 8, 10:00-11:00am

- * Learn about age related changes that can impact our health with Linda Brown from Active Aging in Manitoba.
- * Learn how to access the new Canada Dental Plan with Tanis Billington from Service Canada.

To register:
Email wellness@ierha.ca
Call Toll Free 1-877-979-9355



Healthy Smiles Presentation

Tuesday April 8th

10:00 am - 11:00 am

Online via MS Teams, email wellness@ierha.ca to register

This Oral Health Month presentation will cover:

- Learning about age related changes that can impact our health with Linda Brown from Active Aging in Manitoba.
- Learning how to access the new Canada Dental Plan with Tanis Billington from Service Canada.

To register or for more information please email
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**SCHEDULE SUBJECT TO CHANGE

GET BETTER TOGETHER



**Health Issues
Used to
Control
Our Lives ...
Now We Do.**

Are you sick and tired
of feeling sick and tired?
Join hundreds of Manitobans
who've decided to start living
better with their health issues
through Get Better Together
group workshops.

Fully-funded workshops are held
across Manitoba. Get details at:
gbt@wellnessinstitute.ca
or 204-632-3927

**Get Better
Together**

Skills to Cope. Support to Thrive. getbettertogether.ca

Get Better Together is coordinated by the Wellness Institute and supported by Manitoba Health and Regional Health Authorities

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**SCHEDULE SUBJECT TO CHANGE

TOBACCO REDUCTION

Commit to Quit

A collaboration between:



Commit to Quit



Join this virtual **5-class** group program to help you reduce or stop your tobacco or nicotine use. No cost.

Learn about:

- your triggers
- setting realistic goals
- behaviours that work
- strategies, tips and tricks
- how quit medications might work for you.

Commit to Quit

Wednesdays, April 2nd to April 30th

1:30 pm to 2:45 pm

Online session via MS Teams or phone-in option, email wellness@ierha.ca to register.

<p>Tobacco Quit Card and Counselling Program</p> <ul style="list-style-type: none">• \$300 in nicotine patches and aids• Professional counselling sessions <p>See if you qualify!</p>  	<p>Programme de cartes et de counseling pour l'abandon du tabagisme</p> <ul style="list-style-type: none">• 300 \$ en timbres à la nicotine et produits d'aide à l'abandon du tabac• Séances de counseling professionnel <p>Informez-vous pour savoir si vous pouvez participer au Programme!</p>  
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[Click here to learn more.](#)

[Veillez cliquer ici pour la version française.](#)

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**SCHEDULE SUBJECT TO CHANGE

MENTAL WELLBEING

Practical Relaxation Series:



Session 1 - Intro to Stress - This hands on session reviews stress and ways to reduce stress. Focus: Deep breathing and guided imagery.

Session 2 - Intro to Mindfulness - This hands on session reviews mindfulness, which is about focusing awareness on the present moment.

Session 3 - Intro to Reframing Our Thoughts - Our thoughts and beliefs can influence our feelings and actions. We will look at challenging negative thinking and faulty beliefs. Improve your mood by thinking in a flexible and more balanced way.

Session 4 - PRACTICING GRATITUDE - Practicing an "attitude of gratitude" can have health benefits such as less anxiety, better sleep and more happiness! Learn how to get started with as little as 5 minutes a day!

Tuesdays March 4, 11, 18, 25, 2025

Time: 1:00pm - 2:30 pm

**Community Hall
Seymourville, MB**

Registration Required! Call 1-877-979-9355 or email wellness@ierha.ca to reserve your seat!

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

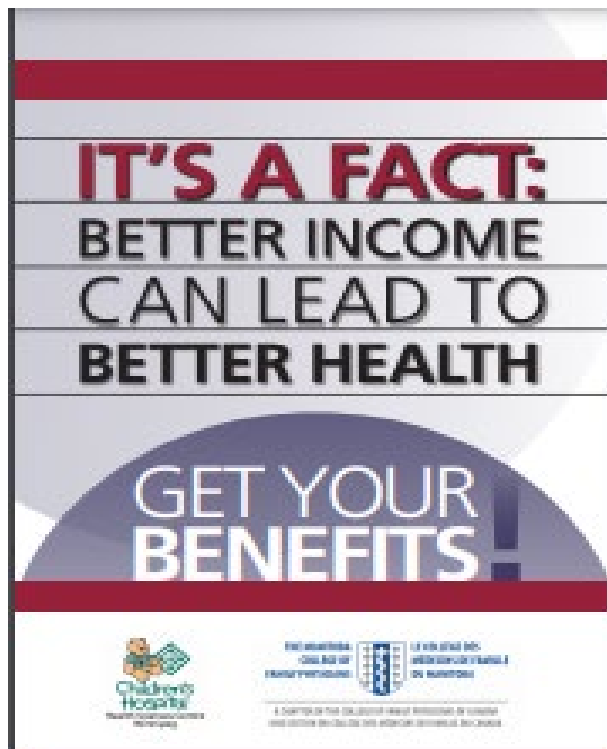
GET YOUR BENEFITS AND CREDITS

OBTENEZ VOS PRESTATIONS ET VOS CRÉDITS

It's important to file an income tax return even if you have no income, a low income, or are on social assistance. Filing an income tax return can unlock benefits and credits that you may be eligible to receive, putting more money back into your pocket, and improving your health and lifestyle.

Take a look at the Get Your Benefits booklet and/or the Canada Revenue website to find out about benefits such as the Canada Child Benefit, GST/HST Credit, Canada Workers Benefit, Disability Tax Credit, and many others.

Call Revenue Canada to ask about benefits: 1-800



To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

CANADIAN DENTAL CARE PLAN

Canadian Dental Care Plan

Accessible. Affordable. Essential.



Eligibility

To qualify, you must:

- ✓ not have access to dental insurance
- ✓ be a Canadian resident for tax purposes
- ✓ have an adjusted family net income of less than \$90,000
- ✓ have filed your tax return in the previous year

The Canadian Dental Care Plan (CDCP) will help make the cost of dental care more affordable for up to **9 million** eligible Canadian residents.



How to Apply

CDCP Application Phases	
Group	Online applications open
Seniors aged 65 or older	Now (started May 1, 2024)
Adults with a valid Disability Tax Credit certificate	Now (started June 27, 2024)
Children under the age of 18	Now (started June 27, 2024)
All remaining eligible Canadian residents	In 2025

Oral health care is important to your overall health and well-being. Regular visits reduce the risk of health problems.

In 2022, 1 in 4 Canadians reported avoiding visiting an oral health professional due to the cost.

Every Canadian deserves accessible, affordable and essential dental care.



For more details on the CDCP and eligibility criteria, visit Canada.ca/dental

