



SOMERSET WEST
COMMUNITY
HEALTH
CENTRE



HEALTH COACHING & WELLNESS PROGRAM

Are you looking for support to have optimal health? Do you want to manage your weight and/or prevent chronic disease?

Or do you have an on-going health concern such as asthma, diabetes, heart disease, arthritis, high blood pressure, or COPD and are looking for ways to help you manage the day-to-day challenges of living with your chronic condition?

If so, check out these new programs to help you improve your health:

- **Personal health coaching:** Work together with a Nurse, Dietitian, Health Promoter or Counselor to set goals, solve problems more effectively, eat well and get active to feel better, and monitor your health. Call Anne for more details and to book an appointment 613-238-1220 ext 2381.
- **Fitness assessments and individual or group fitness sessions:** Chair exercises, strength training, flexibility training, and core training to prevent and manage chronic disease. Call Patrick for dates, times and locations 613-238-8210 ext 2241.
- **Cooking for Your Life!:** Cook heart healthy meals in a fun environment to prevent and manage heart disease and diabetes. Call Krystal for dates, times and locations 613-238-8210 ext 2248.
- **Living Well with a Chronic Condition groups:** A 6-week self-management group to help you connect with other people with similar conditions. Call Krystal for dates,



Funded by the Ministry of Health Promotion