



island health

- ♥ *All classes open to everyone*
- ♥ *Self - referrals accepted*
- ♥ *All classes are free of charge*
- ♥ *Bring a friend or family member*
- ♥ *Pre-Registration required*

Health Matters Classes
are offered in person,
at the
CRG Hospital Wellness Centre
Or
Online Zoom Webinars

**North Island Hospital
Campbell River Campus
Wellness Centre**

375 2nd Ave

Campbell River BC

V9W 3V1

Phone: 250-286-7151

Fax: 250-286-7103

Email: crgcdm@islandhealth.ca



The Wellness Centre provides a variety of Outpatient Services.

Indigenous Health Dietitian
Phone 250-286-7100 local 67306

Indigenous Liaison Nurse
Phone 250-286-7100 local 67305

Bone and Joint Clinic
Phone 250-286-7100 local 67561

Cancer Care
Phone 250-286-7154

Chronic Disease Management
UVB Phototherapy
Social Work
Outpatient Nutrition
250-286-7151

Diabetes Education
250-286-7150

Heart Function Clinic
Phone 250-286-7153

Hip and Knee Clinic
250-286-7100 local 67842

Kidney Care Clinic
250-7100 Local 62868

Maternity Clinic
Phone 250-286-7173

Medical Day Care
Phone 250-286-7155

Nurse Practitioner
Phone 250-286-1317

**Positive Wellness North Island
Liver & HIV Services**
250-286-7152

Stroke Clinic
Phone 250-286-7172

Telehealth
Phone 250-286-7100 local 11944



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Health Matters Education Classes

*Classes are small group
education sessions
delivered by a variety of
health care professionals*

**Dietitians
Registered Nurses
Pharmacists
Cardiac Technologists**



Mindful Eating

Come learn actionable strategies and exercises to adopt a mindful eating practice and nurture a healthy relationship with food.

Setting the Stage for Change

Join us to explore common food myths and for self reflection. Leave this group with sustainable strategies that set the stage for changing your relationship with food.

Nutrition for Surgical Optimization

Learn strategies to improve your nutrition in preparation for surgery, and enhance your recovery.

Chronic Pain Self Management

A six week workshop that helps people with chronic pain better manage their symptoms and their daily lives. Provides information and teaches practical skills. "Put life back in your life."

Living Well With Chronic Obstructive Pulmonary Disease

In this two class program you will learn skills to manage COPD and adopt healthy new lifestyle behaviors.

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Healthy Feet

A self management workshop for anyone who would like to learn more about ways to take care of their feet and prevent long term complications.

A Good Night's Sleep

Learn about the behavioral and environmental factors that may be interfering with your sleep. Practical suggestions to try and improve your rest.



Introduction to the Heart

A short overview of your heart and how the electrical, plumbing and framing works together.



Heart Healthy Eating

Learn about how you can improve your cholesterol or blood pressure with diet. Join us as we discuss sodium, fats, cholesterol and Mediterranean style eating.



Medication Management

Are you sometimes baffled by your medications? Join this session with a hospital pharmacist to arm yourself with the knowledge to use your medications safely and effectively.



Part of Heart Matters Education Series

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Hypertension

Also known as the "silent killer". Learn what hypertension (high blood pressure) is and how medications and lifestyle can help manage this very common medical condition.



Stress Response / Introduction to Mindfulness and Meditation

Learn about the stress response in the body and how it affects our health. Join us to learn how mindfulness and meditation can influence this, and help you to change your reaction to stress



Why Exercise is Good for the Heart

The talk focuses on the basics of why exercise is good for the heart, basic cardiac rehabilitation exercise guidelines & strategies to help overcome obstacles to making exercise a regular habit.



Complementary and Alternative Medicines in Chronic Disease Management

Come and be educated in the common interactions and side effects of some of the popular alternative/complementary medicines in the market today. Learn how to choose them and prevent any interactions with the usual medicines.

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