

Education and Counseling

- Follows Best Practice Guidelines
- Encourages self-management skills
- Provides knowledge & skills to improve health or manage chronic conditions
- Offered throughout the Cypress Health Region



You are not alone

*Let's work together
toward a healthy
lifestyle to better
manage chronic
conditions*

Primary Health Care
350 Cheadle St. W.
Swift Current, SK
S9H 4G3

Toll Free: 1.877.401.8071

Phone: 306.778.5118
Email: primaryhealthcare@cypressrha.ca
www.cypresshealth.ca

Compliments/Concerns?
306.778.5115 or
Toll Free: 1.888.461.7443



**Healthy Living Programs
and Chronic Disease Management**



Our Programs Include:

- Cardiac Education
- Nutrition Education
- Diabetes Education
- Live Well with Chronic Conditions
- Pulmonary Rehabilitation
- Lower Limb Assessments
- Group Classes: Healthy lifestyles, chronic disease prevention and management
- Walking 2 a Healthier U!



Referrals may be made by self, family, physician, nurse practitioner or other health care professional. When appropriate, referrals may be made from one health care professional to another.

Healthy Living Programs Chronic Disease Management are offered throughout the Cypress Health Region and may be available by Telehealth.

CARDIAC EDUCATION

- Group classes offered several times per year
- Positive steps toward making healthy lifestyle choices
- Gain knowledge of how the heart works, risk factors, activity, medications, heart healthy diet, stress management

NUTRITION EDUCATION

- One on one & group counseling
- Label reading, portion distortion
- Healthy eating and weight management
- Diabetes, heart disease, cancer, gluten free diet & other special medical needs
- Normal nutrition throughout the life cycle

DIABETES EDUCATION

- One on one counseling for inpatients and outpatients
- Self-management counseling on blood glucose monitoring, nutrition, lifestyle issues, activity and medications
- Includes type 1, type 2 and gestational diabetes

WALKING 2 A HEALTHIER U!

- Is a physical fitness and education program with the purpose of promoting healthy lifestyles and optimizing levels of physical and emotional well-being
- Exercises are designed to build and improve the heart and lungs, muscle strength, flexibility, endurance, range of motion, and balance

- Group led classes offered twice a week (in partnership with the City of Swift Current's Walking to Wellness)

LIVE WELL WITH CHRONIC CONDITIONS

- A Stanford University self-management program
- Prepares people with chronic conditions for the 99% of time they live outside of a health care system
- Gives skills and confidence to improve physical and mental health, health behaviors and quality of life
- Small groups 10-16 people. People with many different diseases and conditions in same group
- 2 ½ hours per week for 6 weeks
- What is taught: managing symptoms, exercise tips, relaxation techniques, communications skills, healthy eating, problem solving, action planning

PULMONARY REHABILITATION

- Offered twice a year spring and fall
- Participants meet twice a week for 6 weeks—one hour supervised exercise & one hour of education

LOWER LIMB ASSESSMENTS

- Lower leg and circulation assessment to check blood flow and sensation in feet. Circulation testing can identify the effects of clogged arteries and veins and prevent further problems
- Includes foot care education and lifestyle counseling
- People at risk include those with diabetes, those over 60 years of age, and those with a family history of strokes and heart attacks

Group classes on healthy lifestyle and chronic disease prevention and management may include:

- Label reading, portion distortion
- Grocery store tours
- Gluten free diet
- Diabetes
- Hypertension
- Stress management
- Heart disease and stroke prevention
- Asthma
- COPD
- Cancer prevention
- Osteoporosis