





BCHC Program Guide 2017

Program	Brief Description	Contact
<u>Chronic Disease Self-Management (Living a Healthy Life)</u>	A 6-week program with weekly 2 ½ hour classes. This series is for those living with arthritis, asthma, diabetes or other chronic conditions. Designed to help individuals learn skills to improve self-confidence and quality of life.	Ext. 291
<u>Chronic Pain Self-Management</u>	A 6-week program with weekly 2 1/2 hour classes. Designed to give individuals the tools and information to manage their health and chronic pain better.	Ext. 291
 <u>Fitness for Health</u>	A 6-week program designed to reduce barriers to exercise for anyone living with at least one chronic condition. All participants receive a 6 week complimentary membership to the City of Barrie Recreation Centres.	Ext. 291
 <u>Walking Group</u>	A 6-week physical activity and education program offered Spring, Fall and Winter (Indoor). The program takes place at the Spirit Catcher (downtown) in spring and fall and Bayfield Mall in the winter.	Ext. 291
<u>Storytime & Snacks</u>	Storytime is a monthly drop-in program for young families with children from birth to age 4. This is an “early childhood literacy” program offered on Tuesday morning from 10 to 11:45, <u>once a month</u> . Date posted monthly. Children play with other children, listen to stories and participate in songs, games and fun activities. Talk to our Dietitian, try some healthy snacks and get your nutrition questions answered. Grandparents and grandchildren welcome!	Ext. 291
<u>Youth Health Connect</u>	Designed to decrease barriers young people face when accessing health care by providing resources, education, information and navigation. Provides a safe, confidential opportunity for youth to gather health information that is meaningful to them.	Ext. 231
<u>Art Therapy Group</u>	This group provides a safe and supportive place for creative expression and friendship. The group meets Thursdays from 10am to 12pm in the community room.	Ext. 292

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Anxiety Support Group	Are you or a member of your family struggling with anxiety that stops you from living a healthy, rich and fulfilling life? If the answer is yes, our 6-weeks anxiety support group is a great opportunity for you to learn new and effective ways of dealing with anxiety and overcoming past/present hurts, pain and fears. Take back your life, take back your health! =Watch out for the next Anxiety Support Group.	Ext. 293
Kitchen Conversations	A monthly 1 1/2 hour class focused on skill training and healthy eating to support people living with prediabetes and diabetes. Includes both education and cooking demonstrations.	Diabetes Management Centre (705) 734-9690
<u>Grocery Store Tours</u>	Please come join one of our Registered Dietitians on a tour of a local grocery store for tips on label reading and making healthy choices. The tours are held the last Monday of every month and are open to anyone living with diabetes or prediabetes. Please register with the Diabetes Management Centre. at 705-734-9690	Diabetes Management Centre (705) 734-9690
SMART Program (VON)	Low impact exercise program designed for seniors and individuals 55+ with chronic illnesses. The aim of the program is to improve strength, balance, endurance and flexibility.	V.O.N. (705) 737-5044 ext. 221

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