



island health

- ♥ All classes open to everyone
- ♥ Health Professional or Self Referral accepted
- ♥ All classes are free of charge
- ♥ Bring a friend or family member
- ♥ Pre-Registration Required

**Health Matters Classes  
are located in the  
Wellness Centre at the Hospital**

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

375-2nd Avenue  
Campbell River BC V9W 3V1

**Phone: 250-286-7151**

**Fax: 250-286-7103**



**The Wellness Centre provides  
a variety of outpatient and  
Chronic Disease Management Services.**

**Aboriginal Health & Community Nutritionist**

Phone: 250-286-7100 local 67306

**Aboriginal Liaison Nurse**

Phone: 250-286-7100 local 67305

**Cancer Care Program**

Phone: 250-286-7154

**Bone and Joint Clinic**

Phone: 250-286-7100 local 67561

**Diabetes Education**

Phone: 250-286-7150

**Chronic Disease Management/Phototherapy**

Phone: 250-286-7151

**Heart Function Clinic**

Phone: 250-286-7153

**Medical Day Care**

Phone: 250-286-7155

**Nurse Practitioner**

Phone: 250-287-4599

**Outpatient Nutrition Services**

Phone: 250-286-7151

**Maternity Clinic**

Phone: 250-286-7173

**Positive Wellness North Island Liver Services**

Phone: 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  
Doctors  
Pharmacists  
Cardiac Technologists**



## Health Matters Education

### Portion Distortion

Learn how our environment tricks us into eating more than we think. Together we will discuss strategies to conquer these pitfalls.

### Craving Change™

Understand WHY you eat the way you do, comfort yourself without food, change your thinking, change your eating.

This workshop runs once a week for 5 weeks.

### Fueling Your Body

Come join the discussion and learn how food works in your body. Learn how to eat to feel better and maximize your energy.

### 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.

### Living Well With Chronic Obstructive Pulmonary Disease

In this 3 week education program you will learn skills to manage COPD and adopt healthy new lifestyle behaviors.

To Register, Call 250-286-7151

## Health Matters Education



### Introduction to the Heart

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



### 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.



### Complementary & 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.



### 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.



### Part of Heart Matters Education Series



To Register, Call 250-286-7151

## Health Matters Education



### 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 in this 90 min. class.



### 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.



### 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.



### Talk with the Doc

Have the opportunity to discuss with a physician any questions you may have about general health and wellness.

### ERAS

#### (Enhanced Recovery After Surgery)

While waiting for surgery: Learn what you may do to improve your post-operative healing and health. This class is based on the Passport to Health available from your Surgeon, Physician or Nurse Practitioner.

To Register, Call 250-286-7151