

If you're interested in any of these programs, please ask your doctor or NP!

**Programs Open to the Public**

**Craving Change**



This 3-part workshop will focus on exploring and creating a more positive relationship with food. Led by our Registered Dietician and Registered Psychotherapist. Various topics will be considered including understanding why we eat the way we do, food as comfort and comfort without food, and behaviour patterns related to eating.

**Living a Healthy Life With Chronic Conditions**



This six-week workshop can help people with chronic conditions (including chronic pain) to better manage their symptoms and daily life. Friends, family, and caregivers are also most welcome to attend this program. This program is led by two trained facilitators.

**Falls Prevention**



This is a 12-week, twice weekly program that takes place on Tuesdays and Thursdays from 1-2 PM. The goal of this program is to improve strength, balance, and flexibility in order to reduce the risk of falls for mature and elderly individuals.

**Smoking Cessation**



This program provides education, support and counselling to those individuals interested in quitting smoking or reducing the harm from smoking. Our two trained counsellors follow the Ottawa Model for Smoking Cessation guidelines. Free Nicotine Replacement Therapy is available.

**Programs Available to Patients of WCFHT**

**Motivation Through Fitness**



Both low, moderate and high mobility senior's fitness classes are provided by our two certified Senior's Fitness Instructors. Classes are ongoing for those that wish to either become more mobile and independent, to those that wish to maintain and improve upon their current physical and functional fitness.

**Mental Health Counselling Program**



Supportive counselling services are available (by referral) via our two Registered Psychotherapists to rostered patients of WCFHT.

**Working with Emotions DBT Program**

Dialectical Behavioural Therapy is an effective therapy for managing overwhelming emotions. This is a 12-week program.

**Memory Clinic**



Our memory clinic is a comprehensive assessment of those individuals experiencing memory impairment. A full cognitive assessment, including driving safety, is completed. Familial support is encouraged and resources are provided. Our goal is to help those with memory difficulties maintain independent living.

**The Mind and Body Fitness Program**



This 8-week group program is designed to offer a different wellness focus with a different health team expert each week, followed by a 40-minute moderate to high intensity physical exercise class. Exercise both your mind, and your body!

**Hypertension Program**



Our two practitioners have training through the Heart and Stroke Foundation to provide assessment and ongoing support for those requiring assistance in managing hypertension. We also have a 24-hour blood pressure monitor for screening purposes.

**Lung Health Program**



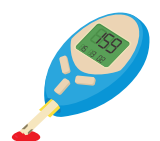
Facilitated by our Registered Respiratory Therapist, this program provides education and support to those patients diagnosed with COPD and Asthma. Through this program, patients receive education and learn various techniques to enable self-management and improve quality of life.

**Healthy Eating Program**



Our Registered Dietitian and Certified Diabetes Educator offers nutrition counselling for a variety of health issues including diabetes, pre-diabetes, cholesterol, hypertension, weight management, GI health, osteoporosis, fatty liver, anemia, GERD and more.

**Diabetes Clinic**



Our Certified Diabetes Educators provide counselling and guidance for managing Type I, Type II and Gestational Diabetes. We also offer both individual and group counselling for pre-diabetes. Family members are most welcome to join, should the patient prefer it.