



The Mind and Body Fitness Program

*Health is a state of body;
Wellness is a state of mind.*

- ❖ Are you looking for support to increase physical activity in your life?
- ❖ Are you interested in decreasing your stress level?
- ❖ Are you trying to find the work ~ life balance?
- ❖ Do you struggle with mood and motivation?
- ❖ Are you interested in learning about different wellness topics?
- ❖ Are you a patient with the West Champlain Family Health Team?

If you answered 'yes' to any of these questions, our new program offered by the *West Champlain Family Health Team* might be for you! **The Mind and Body Fitness Program** will offer people an opportunity to focus on health and wellness, building on the concept of exercise as foundational to health, mood, and motivation. Each week, we will have a different wellness focus along with 45 minutes of medium to high intensity exercise.

Eight Wednesdays starting April 5th, 4:30 to 5:45pm at the Ottawa Valley Health and Wellness Center (315 Pembroke Street East).
 To register or for more info, contact Connie 613.735.8051, ext 3

	Wellness Focus (30 min)	Exercise (45 min)
Week 1 April 5	Connie Daiken, Registered Nurse Introductions and orientation to the program	with Connie Daiken
Week 2 April 12	Darlene Denis-Friske, Registered Psychotherapist Mino-bimaadiziwin: A Wholistic Approach to Good Life	with Connie Daiken
Week 3 April 19	Kathy O'Connor, Nurse Practitioner Topic TBD	with Connie Daiken
Week 4 April 26	Jennifer Schoof, Registered Nurse, Topic: TBD	with Connie Daiken
Week 5 May 3	Kristine Dewar, Registered Psychotherapist The Importance of Daily Self Care	with Connie Daiken
Week 6 May 10	Lynn Connor, Registered Dietitian A Balanced Approach to Healthy Eating	with Connie Daiken
Week 7 May 17	Pamela Bart, Nurse Practitioner Managing Persistent Pain	with Connie Daiken
Week 8 May 24	Connie Daiken, RN Putting it all together: stay fit, stay happy, stay healthy	with Connie Daiken