

Sunrise Update

SEPTEMBER 26, 2017



Healthy Living Programs:

- LiveWell with Chronic Conditions
- LiveWell with Chronic Pain
- Craving Change™
- Cardiac/Pulmonary Rehabilitation
- Diabetes Education
- REFRESH - stress management, positive coping skills, assertiveness communication and mindfulness training
- Risk factor modification

To access services call the Sunrise Health & Wellness Centre at:

306-786-6363

To learn more about our Healthy Living programs, please visit our website at

www.sunrisehealthregion.sk.ca

Healthy Living, Healthy Communities

It is never too early, or too late, to start living a healthy lifestyle. However, it can sometimes seem overwhelming when we begin to take steps to improve our health, which is why Sunrise Health Region has a **Healthy Living Team that is here to support you in your journey.**

The Healthy Living Team hosts a wide variety of programs and services that are **designed to support people in our communities who are making an effort to improve their health.** The team of health care providers work together with individuals to provide education, motivational support, guidance, and specialty programs to assist with chronic conditions.



Cherise Mosiondz, Pharmacist and Cara Murray, RN (above) are both members of the Primary Health Care Healthy Living Team.

The team operates region-wide and programs are open to everyone. To access services, you can request a referral from your physician or nurse practitioner or contact the Sunrise Health and Wellness Centre and refer yourself directly. Healthy Living team members work with you to help identify programs that might be a good fit. **You drive the decision-making process**, with the ability to choose the program(s) you would like to attend based on when you are feeling ready to begin and which are of the most value to you. Each individual that contacts the Healthy Living Team is assessed in terms of where they are right now, what their goals are and how the team can help them get there.

Services that are available through the Healthy Living Program include: LiveWell with Chronic Conditions, cardiac/pulmonary rehabilitation program, diabetes education, education on modifying risk factors (exercise, diet and support with tobacco cessation) and REFRESH. Services are provided by an interdisciplinary team, which includes a registered nurse, exercise therapist, primary health care counselor, pharmacist, and a registered dietitian, allowing you to access care based on your health needs.

This year the Healthy Living team is offering two new programs; "LiveWell with Chronic Pain," which will focus on self-management of chronic pain and "Craving Change™," which is designed to help people with problematic eating behaviours improve their relationship with food and healthy eating, gain a better understanding of why one eats the way they do and how to better manage emotional eating habits.

We are constantly working to grow programs and services as we hear from clients about things that are important and of value to individuals and our communities.

If you are interested and would like to access the services that are available, call the Sunrise Health & Wellness Centre at 306-786-6363 or visit our website:

www.sunrisehealthregion.sk.ca.