

# Healthy Living Classes – 2018

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## Stress Management Education Series

These weekly sessions provide information about topics that affect your emotional, mental and physical well-being.

- Understanding depression after a health event.
- Understanding stress versus anxiety after a health event.
- Understanding and managing anger.
- How to get a good night's sleep for your health.
- The power of humour and social connection for your health.

**Location:** Les Chater Family YMCA, Hamilton or  
Ron Edwards Family YMCA, Burlington

## Mediterranean Diet

Learn about the Mediterranean Diet and other healthy eating patterns.

**Location:** Les Chater Family YMCA, Hamilton or  
Ron Edwards Family YMCA, Burlington or  
Hamilton General Hospital,  
Cardiac Health and Rehabilitation Centre

## Taste and Learn Mediterranean Diet Series

A 6-part series to help you learn about the benefits of the Mediterranean Diet and simple ways to incorporate this healthy eating style into your life. Samples and recipes provided. Topics include:

- Great Grains
- Love Your Legumes
- Fabulous Fish
- 10 Great Ways to Eat Veggies
- Meal Planning 101
- Nuts, Seeds and Healthy Fats

**Location:** Sobeys Extra  
977 Golf Links Road, Ancaster

## Craving Change Series

This 4-part series can help you develop a healthier relationship with food. If you are struggling with what, when or how much you eat or wish you had more motivation or willpower, join in to learn ways to improve your eating habits. We will not focus on what to eat in this series, but will help you discover why you eat the way you do and how to change.

**Location:** Hamilton General Hospital  
Cardiac Health and Rehabilitation Centre

## Nutritious is Delicious

Learn how to prepare healthy meals.

**Location:** Les Chater Family YMCA, Hamilton or  
Ron Edwards Family YMCA, Burlington or  
Hamilton General Hospital,  
Cardiac Health and Rehabilitation Centre

## Labels

Learn to read and understand nutrition labels.

**Location:** Les Chater Family YMCA, Hamilton or  
Ron Edwards Family YMCA, Burlington or  
Hamilton General Hospital,  
Cardiac Health and Rehabilitation Centre

## Stroke Busters

Are you interested in learning more about how you can reduce your risk of stroke?

If you answered “yes” join us at our next Stroke Busters education session! You will learn more about:

- Stroke and transient ischemic attack (TIA), causes and risk factors
- Managing blood pressure
- Healthy eating

**Location:** Hamilton General Hospital

## Diabetes

Living well with diabetes. Provides an introduction to diabetes, what diabetes is, blood sugar testing, medications, activity, preventing problems and healthy eating.

**Location:** Les Chater Family YMCA, Hamilton or  
Ron Edwards Family YMCA, Burlington

## Living well with Heart Disease

Learn about coronary artery disease signs, symptoms and treatment and preventing problems.

**Location:** Les Chater Family YMCA, Hamilton or  
Ron Edwards Family YMCA, Burlington

## Heart Valve

Learn about heart valve replacement and repair. Provides an introduction to heart valve replacement/ repair surgery, heart valve function and anatomy, heart valve problems and important information after surgery.

**Location:** Les Chater Family YMCA, Hamilton or  
Ron Edwards Family YMCA, Burlington

### **For more information and to register:**

#### **Stress Management Education Series**

Contact: Trish Johnston  
905-521-2100, ext. 44708  
or [johnstontr@hhsc.ca](mailto:johnstontr@hhsc.ca)

#### **Stroke Busters:**

Contact: Stroke Prevention Clinic  
905-521-2100, ext. 44713

#### **All Other Classes:**

Contact: Cardiac Rehab Clinic  
905-521-2100, ext. 44388