



-69 Main St East  
Grand Bend

# Grand Bend Area Community Health Centre

## Spring Newsletter 2009

# Spring is Finally Here!

## Heart Health

**J**oin Registered Dietitian Patricia Baker for the following classes.

**H**ealthy Eating in Store For You Label Reading Class. Tuesday April 7th 1:30-3:30 pm Boardroom.

**H**eat Health Class. Tuesday April 14th. 1:30-3:30 pm Boardroom.

**P**reDiabetes Class 9:30-11:30 am Boardroom. Call 519-238-1556 ext 235



**E**at Like a Champion March 17th 10-12noon or March 25th from 7-9 p.m. in the Community Room at the Grand Bend Area CHC. Recieve great tasty recipes to fuel your active lifestyle. Call Miranda Burgess RD at 519-238-1556 ext 222

## Cooking Classes

**Z**urich Community Kitchen Tuesdays March 3, April 7, May 5, June 2nd 7 p.m. Luthern Church. Make healthy low cost meals to take home!

**M**en Can Cook. March 25, April 23 (trip to Metzger Meats in Hensall) May 27th and June 24th 10-1pm Community Room.

**C**ooking Out of the Box March 19, April 16, May 21, June 18 10-2 pm Blessings Community Store, Zurich. Call Miranda Burgess RD 519-238-1556 ext 222

**Walking Programs** start again May 5th on Tuesday and Thursday mornings 9 a.m. in two locations. Port Franks at the Community centre and in Grand Bend at the Catholic Church parking lot. Contact Cindy Maxfield Health Promoter 519-238-1556 ext 231 for details

## Healthy Aging Workshop

May 6, 13th and 20th from 2-4 p.m.

Everyone wants to Age Happy and Healthy but there are issues we need to prepare for. Join Community Worker Sarah Morgan and Social Worker Mickey Gurbin as they look at Powers of Attorney, Consent to Treatment, Reducing risk at Home, Healthy Sexuality and Much, Much More! Call 519-238-1556 ext 223



## C.O.P.D. Program

This Six week program starts April 17th from 1:30-3:30 p.m. in the Community Room. Learn how to manage your Chronic Obstructive Pulmonary Disorder through the advice and expertise of our multidisciplinary team. Contact Jane Campbell to register 238-1556 ext 236

### Hours of Operation

Grand Bend site: Mon-Thurs.

9am-7 pm

Frid. 9am-4 p.m. by  
appointment

Walk in Saturday 9-11:30 am

519-238-2362

Hensall Site 519-262-3140

Mon. 9am-7pm, Tues-Thur.

9am-5 pm

Frid. 9am-4pm Closed

Saturday

### Mental Health Support Group

Meets every Fourth Wed. at  
1 & 7pm. Contact Social  
Worker Lise Callahan at  
519-238-1556 ext 230

Blood Pressure Clinic  
Every Fourth Thursday  
in the Adult Day Wing  
From 2-4 p.m.  
FREE



## Chronic Pain Program

March 13th 10 am,

This 8 week program includes exercise, a pain specialist guest speaker and a support group each week. Learn how to Better manage your pain! Contact your centre physician or Social Worker Mickey Gurbin at 519-238-1556 ext 223 to register! Program is FREE



Join us For  
Family  
Wellness Day!  
June 11th

12:00-4:30 pm

Lots of fun interactive  
booths. Car Seat Safety  
Check, Strategies for  
Tough Times: How to do  
more with Less! Prizes  
and Much more.

Contact  
Cindy Maxfield  
ext 231

