

FALL 2024

NEW Women's Health Programming

positively healthy

FALL 2024
WELLNESS INSTITUTE
PROGRAM GUIDE

INSIDE!



28 years of commitment
to health & wellness



SEVEN OAKS
GENERAL HOSPITAL

thewellness
Institute



Chronic Disease
Innovation Centre



SOGH
FOUNDATION



In this issue:

Message from the Board chairs 3

New project aims to decrease length of hospital stays
for patients 4

A clinically proven approach to weight loss..... 6

Dedicated team approach supports patients
returning home 8

Wellness Institute program guide 10



Message from the Board chairs

We are delighted to bring you news from the Seven Oaks Hospital Health Campus. We invite you also to browse the enclosed programming guide from the Wellness Institute, where you may find an activity that interests you ... and that can enhance your life.

Enhancing people’s lives – that is very much what Seven Oaks is about. The pillars of our campus – the Seven Oaks General Hospital, Wellness Institute, Chronic Disease Innovation Centre and our Foundation – have a collaborative approach that is improving the way health care is delivered in our province.

You’ll read in this newsletter about new research that demonstrates how our teams work together to create positive change. This fall, a study from the Chronic Disease Innovation Centre will take place in our hospital, with select patients participating in an inpatient bed and chair cycling program. The study will assess how introducing physical activity in a hospital ward will improve patients’ physical function – possibly reducing

their length of stay and the need for a transfer to a personal care home. This study is funded by the Seven Oaks General Hospital Foundation, in its role of helping all campus units to improve patient outcomes.

This study is part of the integrated approach that is the future of healthcare. Our Board of Trustees continues to work closely with the Winnipeg Regional Health Authority to ensure future plans for our health campus build on this model to deliver continued benefits to our patients, staff and the overall community.

As Board chairs, we feel privileged to be part of the team at Seven Oaks. It is inspiring to see what talented, caring people can do when given the tools and resources to help them work together.



John S. Zabudney, Chair
Seven Oaks General Hospital Board of Trustees



Stuart Greenfield, Chair
Seven Oaks General Hospital Foundation Board

We’d like to hear from you!

We invite your questions and feedback on this Positively Healthy newsletter, or any of our work. Contact the Foundation at **204-632-3552** or email us at **SOGH_foundation@sogh.mb.ca**



New project aims to decrease length of hospital stays for patients

Collaborative study made possible by health campus model

We know that exercise improves people’s overall health – the benefits are well proven for individuals of all ages. When people admitted to hospital are recuperating in a hospital bed, they begin to lose endurance and muscle strength, and they usually do not have a chance to participate in physical activity. But what if they did?

A new clinical project at the Seven Oaks General Hospital Health Campus will introduce stationary cycling in hospital units to answer that question, with the aim of decreasing the total length of hospital stays for people admitted to hospital and improving overall physical function.

➔ *“Participating in a greater volume of exercise rehabilitation will lead to larger and more timely gains in these outcomes than can be made with the current physiotherapy program.”*

Dr. Clara Bohm and the Chronic Disease Innovation Centre (CDIC) will launch the project this fall , called “Prioritizing Exercise to Decrease Average Length-of-stay in Hospital.” In two hospital wards , those who pass a safety screening check will participate in a stationary bike program – using cycles that work with either a bed or a chair. Exercise sessions will be tailored to each person’s abilities for a maximum of 30 minutes, three times per week, for three months. Under the supervision of a kinesiologist or physiotherapy assistant, these individuals will exercise within their tolerance level and increase their workout as they are able. People admitted to hospital in two similar wards at SOGH will not receive the exercise program to provide a comparison.

This project – the first of its kind in Manitoba – is important because it offers an alternative and adjunct for limited in-hospital physiotherapy resources for people admitted to hospital. Physiotherapy and exercise are important to get people back to their baseline levels of physical function and allow them to return home after an illness requiring hospitalization. The long-term goal is for the program to be offered to all people admitted to hospital.

The impacts of the COVID-19 pandemic have increased the need for physiotherapy at hospitals, because safety protocols have increased the amount of time that people spend in their room, which can lead to a drop in their physical fitness level. This is a special concern for elderly individuals who lived independently before being admitted to the hospital.

“We anticipate that the introduction of a formal stationary cycling program for people who are admitted to hospital will work synergistically with pre-existing physiotherapy programs to improve their strength and endurance,” says Dr. Bohm. “Participating in a greater volume of exercise rehabilitation will lead to larger and more timely gains in these outcomes than can be made with the current physiotherapy program.”

Bed bikes and chair bikes are an efficient way to introduce aerobic exercise directly at the bedside with minimal equipment and resources. The equipment purchase is made possible through \$20,000 provided by the Seven Oaks General Hospital Foundation. “We are delighted to support this project,” says Trevor Krahn, Executive Director of the Foundation. “It underscores the enormous benefits that come from our campus model – where teams from our hospital, the Chronic Disease Innovation Centre and the Wellness Institute all work together to improve outcomes for patients and overall healthcare delivery.”

For the past few years, Dr. Bohm and her CDIC team have been instrumental in developing, implementing and leading various exercise programs within the Manitoba Renal Program. Dr. Bohm attained her medical degree at McMaster University and received her Masters of Public Health at Johns Hopkins School of Public Health.

A clinically proven approach to healthy weight loss

Wellness Institute program promotes healthy behaviour changes

If you are looking for a realistic weight loss program that improves your health risk factors in the process, the Weight Loss and Risk Reduction Clinic may be the approach for you.

The program, revamped by the Wellness Institute in August 2023, is designed to support a safe and sustainable transformation of your health and habits.

Over a period of six months, you benefit from the expertise of a dedicated health coach, dietitian, cognitive behavioural therapist and physician to achieve a healthy lifestyle.

"Our expert staff have the knowledge and skills to help educate and guide each client through the program," says Program Coordinator Shayla Krowiak. "Our team will be there to support you, not only through your successes, but through challenging times when you typically would find yourself neglecting your personal goals and priorities."

➞ *"This is a great stepping stone to making a healthier lifestyle – a great program."*

What the program offers

Consultation with a physician. Dr. Kevin Saunders is the program's medical director. Your consultation with him will determine whether medication is an appropriate intervention to assist with your weight loss and to reduce health risks.

"We know lifestyle changes work, but they don't work for everybody," Dr. Saunders says. "In certain cases, we can prescribe medication and then monitor clients to enhance the positive effects of the diet and exercise program."

Dietary review and support. You will have four appointments with a registered dietitian to discuss healthy eating habits and manage your diet.

Personalized exercise plan. Your dedicated health coach sees you every second week of the program to help you adapt healthy new behaviours and exercise principles and to guide your lifestyle changes. Health coaches are certified Clinical Exercise Physiologists.

Psychological support. Cognitive behavioral therapists work with you to support changes in how you think about failure and success, helping you to become aware of your habits and understand how to change them.

Health metrics. Several health metrics are measured and analyzed before and after the program, including your body composition (DEXA or InBody scan), blood pressure, blood lipids and sugar, and resting heart rate.

During the program you have complimentary access to the Wellness Institute's medical fitness facility for your exercise activities.

The program is also available virtually through a comprehensive digital platform. As a virtual client, you will meet with your health team online and receive weekly education modules to help you stay on track and learn more about managing your life.

Program fees and insurance coverage

Program fees are \$249 per month. Clients must commit to the full six months.

For those who have coverage, approximately 65% of the program costs are billable to private insurance. It's best to check with your insurance provider first to determine if you are eligible to claim the services of a registered dietitian and social worker providing psychology services.

Rave reviews

"I am so glad I made the choice to join the weight loss program," says Kim. "The combination of trainer, dietitian and behaviour coach has given me the confidence and strength to make this journey to wellness. This is a great stepping stone to making a healthier lifestyle – a great program."

"This is the place where you want to be," says Ron, who recently completed the program. "It is a non-judgmental, helpful and rewarding environment to be in. The experience in the program has forever helped my health."

To register or for more information:

Wellness Institute Weight Loss Clinic or call 204 -632-3910.



Dedicated team approach supports patients returning home

Increase in Home Care staffing improves patient care

When we think about a patient's journey through the healthcare system, we sometimes do not realize that there are many different teams and parts of the system working together to ensure the best outcomes are achieved for patients.

When an individual is hospitalized, they may need additional supports when they leave the hospital, to help them return to their home where they had previously lived independently. The Winnipeg Regional Health Authority's (WRHA's) Home Care program is there to support this transition back to the community.



At each of Winnipeg's hospitals, Home Care staff work on site with hospital teams to support plans for a patient returning home. Hospital Based Case Coordinators (HBCCs) at each of Winnipeg's hospitals work closely with the care teams on each unit, and with the Allied Health teams (i.e., physiotherapists, occupational therapists, social workers, dietitians, speech language pathologists, rehabilitation assistants) at the site to create a plan for services to support patients at home.

The opportunity for collaborative discussion, problem solving and mitigating risk—all while keeping the patient's wishes at the forefront—is integral when it comes to care planning. Once the team has established a care plan, the requests for care are sent to the community-based Home Care team, which then finds staffing based on the services requested, such as nursing, health care aid or home support.

In January 2023, the Health Care Aide (HCA) vacancy rate in the Home Care program was just over 23%, which translated to a significant number of cancelled patient visits—a total of 5% a month. This lack of staff also delayed the initiation of services for patients. To address the growing vacancy rate, the Home Care program revived an in-house training program to teach people the skills needed to provide support to patients in the community. The goal was to recruit and train 300 individuals, all while maintaining the recruitment and orientation of certified Health Care Aides.

Thanks to the creative and tireless efforts of the WRHA Home Care Recruitment and Staff Development teams working with the Home Care Program, the goal of hiring and training 300 new employees was achieved in June 2024. In addition, another 280 certified HCAs were hired and oriented into the Home Care program.

What impact has this had? The vacancy rate is down to 10.5%, and monthly cancellations have dropped to just 1.2% (of 445,905 visits). With this significant reduction in cancelled visits, Home Care is able to provide a more consistent and reliable service to clients, supporting them in their own homes as long as possible.

There is still work underway, as the need for Home Care keeps growing. As such, the commitment continues to recruit and retain staff to support clients in their homes, and to support all of the partners across Winnipeg's healthcare system.

➔ *To address the growing vacancy rate, the Home Care program revived an in-house training program to teach people the skills needed to provide support to patients in the community*

In appreciation & remembrance



Olga Fuga

Founding member of the Wellness Institute & past Chair & Lifetime Honorary Board Member of Seven Oaks General Hospital.

Olga's contributions have touched countless lives, and her legacy will continue to inspire and guide us.

Fall 2024

Program Guide



Registration

1. Registration is required for all programs. Registration opens on August 22, 2024 @ 8:00 a.m.
2. Register online [HERE](#). If you have never used our online services, contact us at 204-632-3900 for temporary log-in details.
3. Register in person at the Wellness Institute, 1075 Leila Avenue, WPG, MB.
4. Call to register at 204-632-3900.
5. All program fees are subject to G.S.T. Be sure to register early to avoid cancelling classes if minimum numbers are not met. All program refunds are subject to a \$25 administration fee. Refunds will only be issued up to one week before the commencement of a program.



Adult Fitness Programs

QiGong

During the 6-week Qigong program, you will be led through gentle movements, breath work and meditation; you'll cultivate energy, balance, and inner peace. Perfect for all levels. Explore the ancient art of Qigong and unlock its profound benefits for mind, body and spirit.

Day	Date	Time
TUE	Sept. 10 - Oct. 15	2:00 - 3:00 p.m.
TUE	Oct. 22 - Nov. 26	2:00 - 3:00 p.m.

Cost: FREE member/\$72 non-member

Tai Chi Easy

This Tai Chi program will help reduce stress and anxiety, alleviate pain, improve mood and sleep, and enhance balance and stamina.

Day	Date	Time
THU	Oct. 31 - Dec. 5	2:00 - 3:00 p.m.

Cost: FREE member/\$72 non-member

Salsa/Bachata Dancing for Adults – Beginner

This beginner dance class is for people with little or no dance experience. Get ready to learn salsa and bachata techniques and timing. This class is a great way to be active. Come with a partner or as a single. Please wear smooth-soled shoes (no high heels).

Day	Date	Time
FRI	Sept. 27 - Nov. 29	7:00 - 8:00 p.m.

Cost: FREE member/\$99 non-member

Suspended in Sound

Experience the gentle fusion of an immersive sound bath and weightless relaxation in our Suspended in Sound class. During this sound bath experience, you'll be suspended in our aerial hammocks and guided to relax and release stress and tension deeply. No experience is necessary; float through the evening, unwind and let the gentle resonance of the crystal singing bowls support your well-being in this unique aerial sound sanctuary.

Day	Date	Time
WED	Oct. 9	6:30 - 7:30 p.m. OR 8:00 - 9:00 p.m.
WED	Oct. 23	6:30 - 7:30 p.m. OR 8:00 - 9:00 p.m.
WED	Nov. 6	6:30 - 7:30 p.m. OR 8:00 - 9:00 p.m.
WED	Nov. 20	6:30 - 7:30 p.m. OR 8:00 - 9:00 p.m.
WED	Dec. 4	6:30 - 7:30 p.m. OR 8:00 - 9:00 p.m.
WED	Dec. 18	6:30 - 7:30 p.m. OR 8:00 - 9:00 p.m.

Cost: \$30

Take Your Workout to the Next Level

Personal Training – great for getting some extra individual assistance and motivation.
[Learn more](#)

Small Group Training – Get expert guidance and the motivational camaraderie of a small group.
[Learn more](#)



Antigravity Fundamentals Private Sessions

A full-body workout that enhances flexibility, balance and strength. For more details call Lori at **204-632-3914**.

Pilates

We offer Stott Reformer Pilates for all experience levels and have various sessional and drop-in classes for those who need more flexibility. Discover why so many people are taking Pilates; [sign up today](#). For more details, visit [Wellness Institute Pilates](#).

Reformer Beginner Drop-In

Discover the essence of Stott Pilates and immerse yourself in the five fundamental principles through a welcoming full-body workout. Designed for beginners and those with physical restrictions, it focuses on enhancing alignment, balance, and the power of your breath. No previous experience is required.

Reformer Continuing Level 1 Drop In

It is perfect for those who have already taken a Stott Pilates beginner reformer class but are still mastering the essential movements. It is also a suitable starting point for someone with a solid athletic/fitness background but no previous experience.

Reformer Continuing Level 2

Those with experience with Stott Pilates Reformer work who want to continue building on their strength and skills. Must be proficient at this level before venturing onto an intermediate-level class.

Reformer Continuing Intermediate

You've mastered the essential level and are ready to move on. Specially designed equipment accommodates your abilities for a dynamic full-body challenge! Prior Pilates experience is required.

Reformer Long & Strong Drop-In

Feel younger, lighter and more limber as you walk away from this workout. This gentle Pilates workout combines fascial-release techniques with reformer-assisted flexibility work. No experience required.

Reformer Continuing Advanced

You've mastered the intermediate level and are ready to move on. This class offers a challenging and dynamic workout designed for seasoned practitioners that pushes the boundaries of strength, flexibility, and precision. Prior Pilates experience is required.

Reformer Athletic Drop-In

Do lunges, planks and pushups sound familiar to you? Try these and other familiar exercises on the gliding surface of the reformer, and you will have a full-body challenge you have never experienced! This is quickly becoming a fan favourite! An athletic or fitness background with no or very few physical limitations is required to keep up with this challenging workout. Previous Pilates experience is NOT required.

Reformer Chair Cadillac Circuit

Expand your Pilates skills with the Chair. This circuit-style class will include time on the Reformer and/or Cadillac for a challenging full-body workout. Participants must have a solid understanding of the Stott Pilates Reformer repertoire since instruction is often divided amongst multiple stations.

Reformer CoreLinks Drop-In

Core Links is designed for golfers who want to enhance their performance on the greens. It targets core strengthening exercises with dynamic reformer movements. The exercises will focus on core stability and golf swing mechanics, refining overall strength while fine-tuning your body's alignment and flexibility.

Reformer Power Mix (NEW) Drop-In

Maximize your Pilates training with this power mix of work on the Reformer, Cadillac frame and Stability Chair. You'll love this buffet of athletic strength training, flexibility work, and Cardio Tramp intervals to take your fitness to new heights! One must have few physical limitations and an athletic or fitness background to keep up with this challenging workout. Previous Pilates experience is NOT required.

Mat Mixed Level

Mat Pilates is a series of exercises focusing on abdominal conditioning and full-body flexibility. Simple changes to your movement will improve core stabilization and may result in a flatter stomach and decreased back pain. Come away feeling and looking stronger.

Pilates Schedule:

● Drop-in class ○ Seasonal class Drop-in classes begin week of Sept 9
*No class Oct 14, Sept. 30, Nov 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The RCC 9:30 - 10:30 a.m. Sept. 9 - Dec. 9*	Beginner 7:00 - 8:00 a.m.	Athletic 9:30 - 10:30 a.m. Begins Oct. 2	Mat Mixel Level 9:30 - 10:30 a.m. Sept. 12 - Nov. 28	Beginner 8:00 - 9:00 a.m.	Athletic 9:15 - 10:15 a.m.
Cont. Level 2 10:45 - 11:45 a.m. Sept. 9 - Dec. 9*	Long & Strong 9:15 - 10:15 a.m.	Cont. Level 1 10:45 - 11:45 a.m. Begins Oct. 2	The RCC 10:45 - 11:45 a.m. Sept. 12 - Nov. 28	Cont. Level 1 9:15 - 10:15 a.m.	Advanced 10:30 - 11:30 a.m. Sept. 14 - Nov. 30
Reformer Beginner 12:00 - 1:00 p.m.*	Cont. Level 2 10:30 - 11:30 a.m. Sept. 10 - Nov. 26	Intermediate 5:15 - 6:15 p.m. Sept. 11 - Nov. 27	Athletic 12:05 - 12:50 p.m.	CoreLinks 10:45 - 11:45 a.m.	Cont. Level 1 11:45 - 12:45 a.m.
Cont. Level 1 5:30 - 6:30 p.m.*	Athletic 12:05 - 12:50 p.m.		Cont. Level 2 5:30 - 6:30 p.m. Sept. 12 - Nov. 28		
Cont. Level 2 6:45 - 7:45 p.m. Sept. 9 - Dec. 9*	Beginner 4:15 - 5:15 p.m.		Power Mix (NEW) 6:45 - 7:45 a.m.		
	Cont. Level 1 5:30 - 6:30 p.m.				
	Cont. Level 1 6:45 - 7:45 p.m.				
					Sunday
					Cont. Level 1 9:00 - 10:00 a.m.
					Beginner 10:15 - 11:15 a.m.

Taking Charge of Your Health

CBTm (Cognitive Behavior Therapy with Mindfulness – 5 weeks)

Help build resilience and improve your mental health wellness. The program will cover sleep, assertiveness, self-compassion, problem-solving, and coping with stress.

Day	Date	Time
WED	Oct. 9 – Nov. 6	10:00 – 11:30 a.m.

Cost: FREE

Diabetes Series

You'll learn to live well with diabetes with a focus on healthy eating, physical activity, goal setting and preparing for success.

Day	Date	Time
TUE	Oct. 29 & Nov.5	1:15 – 3:30 p.m.

Cost: FREE

Gut Health

A healthy gut is important for good digestion and can affect overall health. The type of food, when, and how we eat can make a huge difference in how healthy our gut and body can be. Learn about the basics of what to eat and drink to fuel a healthy gut and tips and tricks to manage common gut ailments.

Day	Date	Time
FRI	Oct. 18	11:30 a.m. – 12:30 p.m.

Cost: FREE

Living Well with Pain

You'll learn physical and mental strategies to improve daily living in this 2-session class.

Day	Date	Time
TUE	Oct. 15 & 22	1:30 – 3:30 p.m.

Cost: FREE

Commit to Be Fit

Whether starting a new fitness regime or a seasoned member needing renewed motivation, Commit to Be Fit empowers you to unlock your full potential and embrace a healthier, more fulfilling lifestyle. Learn strategies to set realistic goals, overcome barriers, and stay committed to your fitness regime.

Day	Date	Time
THU	Oct. 17	1:30 – 2:30 p.m.
THU	Nov. 7	6:45 – 7:45 p.m.

Cost: FREE

Stress Management

Learn strategies to better manage your stress in this informative session.

Day	Date	Time
TUE	Nov. 19	10:00 – 11:00 a.m.

Cost: FREE

NEW – invest in your self-care....

The Art of Mindfulness Workshop: An Introduction to Mindfulness & Meditation

This 4-hour workshop introduces essential mindfulness techniques and skills. Engage in guided meditations and hands-on exercises to enhance physical and mental well-being. Learn to overcome common challenges and seamlessly integrate meditation into your daily life. Perfect for those new to meditation and mindfulness, dealing with stress, or seeking personal growth. [Learn more](#)

Day	Date	Time
FRI	Oct. 25	9:00 a.m. – 1:00 p.m.
SAT	Nov. 23	9:00 a.m. – 1:00 p.m.

Cost: \$99

Facilitator: Katja Holzhei, Certified Yoga & Mindfulness Teacher / ICF-accredited Somatic, Holistic & Relational Skills Trauma Coach / Somatic Trauma Therapy Practitioner



Chronic Disease Programs

NeuroFit

This exercise program is for individuals with neurological conditions such as Parkinson’s, stroke, MS, etc. Exercise promotes improved mobility, cognitive function and overall well-being, enhancing quality of life and functional independence. This program starts with an individualized physiotherapist assessment and an 8-week twice-a-week exercise program delivered by a kinesiologist.

Day	Time
MON	3 - 4 p.m. with continuous intake
WED	3 - 4 p.m. with continuous intake

Cost: \$93 physio assessment + \$165 8-week session

To register for the physio online assessment, [Book Now](#) or call 204-632-3910. Following the assessment, program start dates will be provided.

Good Life with Arthritis (GLA: D®)

The GLA:D Program for hip and knee osteoarthritis includes education and neuromuscular exercise programs conducted twice a week for seven weeks. Participants will learn how to control movement and proper posture, build muscular strength through functional exercises, and apply these exercises to everyday life.

Day	Time
TUE	3 - 4 p.m. with continuous intake
THU	3 - 4 p.m. with continuous intake

Cost: \$93 physio assessment + \$270 7-week session

To register for the physio online assessment, [Book Now](#) or call 204-632-3910.

Joint Replacement Post-Surgical Exercise Program

Have you had a recent hip or knee replacement? This class is for people recovering post-surgery, who often have unique requirements and require adapted programs, treatment, or even direct supervision during exercise. A post-surgical exercise program led by a physiotherapist will increase the range of motion and improve strength and mobility in daily living.

This program is covered by private insurance and/or Manitoba Health for the assessment and up to six one-on-one sessions or ten classes.

Day	Time
MON	3 - 4 p.m. with continuous intake
WED	3 - 4 p.m. with continuous intake

Cost: \$93 physio assessment; individual sessions \$76/class OR group sessions \$40/class

To register for the physio online assessment, [Book Now](#) or call 204-632-3910.

Cardiac Rehabilitation

If you’re recovering from a heart attack or live with a heart condition, cardiac rehab can boost your health and promote longevity. Choose from at-home or in-person options to fit your schedule.

[Click here](#) for more information or call 204-632-3907.

Pulmonary Rehabilitation

If you live with a respiratory condition, pulmonary rehab can help you build exercise tolerance, reduce shortness of breath, and improve your quality of life. Our 8-week program, covered by Manitoba Health, equips you with a better understanding of your condition and the tools to manage your symptoms.

[Click here](#) for more information or call 204-632-3907.

Minds in Motion®

This 8-week program, in partnership with the Alzheimer’s Society of Manitoba, is for people with early to moderate signs of dementia. It includes a chair fitness class followed by engaging activities and conversations. Participants must attend with a caregiver. [Learn more](#)

Day	Date	Time
WED	Oct. 16 - Dec. 4	1:30 - 3:30 p.m.
WED	Oct. 16 - Dec. 4	6:00 - 8:00 p.m.

Cost: \$65/pair

Yoga and Cancer Program

An 8-week program for patients undergoing cancer treatment or completing treatment within the last year. Learn how to calm your mind, release tension from the body, breathe and do gentle stretching and relaxation—provided in partnership with Cancer Care Manitoba.

For more information and to register, call:

Patient & Family Support Services at CancerCare; 204-787-2109



Chronic Disease Self-Management Programs

All 4 programs are free to attend. For more information about class times and to register, call 204-632-3922 or email dziemanski@sogh.mb.ca

1. Total Brain Health®

This 6-week program is an interactive and fun way to engage your mind and build better brain health.

2. Memory and Aging Program®

This 3-week educational memory intervention program is aimed at older adults experiencing regular age-related memory changes.

3. Get Better Together

Get Better Together is a six-week program designed to help people with ongoing health conditions better manage their health. It is suitable for any health condition, including arthritis, asthma, anxiety, and weight issues.

4. Powerful Tools for Caregivers®

This 6-week program is designed to help caregivers thrive as they care for others. Caregivers can be those caring for an adult, such as a relative or friend, or a child with special needs.



Older Adult Programs

Social Wellness: WellConnect Social Group

Social wellness impacts your mental and physical health and is vital to overall health. Join our WellConnect program, designed to help you socialize, engage with others, and meet new people! Take part in various activities. Games, puzzles, and cards will be provided, but this time is also open to those wanting to knit, read, crochet, etc. Please bring craft supplies with you. Everyone is welcome!

Day	Date	Time
THU	Sept. 19 - Dec. 19	1:30 - 3:30 p.m.

Cost: FREE

Urban Poling

Learn to use Nordic Poles properly. This full-body workout enhances walking and improves cardiovascular fitness, muscular strength, and overall health. Be prepared to be outside, weather permitting. Meet in room 4, and poles will be provided.

Day	Date	Time
TUE	Oct. 8	10 - 11:30 a.m.

Cost: FREE

Mature Drivers

Attend this session to learn defensive driving techniques, enhance your driving skills, update your knowledge of traffic laws and road safety rules, and discuss whether you can compensate for any changes that may occur in hearing, vision, flexibility, and reaction time.

Day	Date	Time
THU	Oct. 17	1 - 4 p.m.

Cost: FREE

Understanding Dementia

You'll learn about Alzheimer's disease and other dementias, the warning signs of the disease, how to reduce your risk, interact with someone living with dementia, and Alzheimer's Society Programs & Services.

Day	Date	Time
THU	Nov. 7	1 - 2:30 p.m.

Cost: FREE

Canadian Dental Care Plan (CDCP)

Information session on the new Canadian Dental Care Plan, addressing your questions and concerns. *Note: If you wish to apply on-site with the representative, you must have a valid ID and know your Social Insurance Number*

Day	Date	Time
THU	Sept. 26	1 - 3 p.m.

Cost: FREE



Save the date!



ACTIVE AGING DAY – Open House; Thursday, October 3rd

9:30 a.m. – 1:30 p.m.
(Exhibits open from 10:30 a.m.)

Active Aging is more than exercise. We're celebrating Active Aging with our FREE Open House, including a presentation, activities, exhibits, and more!

Keynote:

Physical Activity in an Aging Population: Risks, Rewards, & Resistance Training

9:15 - 10:15 a.m. Tom Pachal, MPT CSCS
Pre-registration only required for the keynote

Pre-School, Kids & Youth

Wee Swim (6 months - 2.5 years)

Parents and Tots will enjoy swimming in our warm-water pool, with a focus on movement, fun, and gaining comfort in the water.

Day	Date	Time
THU	Sept. 19 - Dec. 5	4:50 - 5:20 p.m.
THU	Sept. 19 - Dec. 5	5:30 - 6:00 p.m.
SAT	Sept. 21 - Dec. 7	10:30 - 11:00 a.m.
SAT	Sept. 21 - Dec. 7	11:10 - 11:40 a.m.
SUN	Sept. 22 - Dec. 8	10:30 - 11:00 a.m.
SUN	Sept. 22 - Dec. 8	11:10 - 11:40 a.m.

Cost: \$120

Gym & Swim (2 - 3 years and 4 - 6 years)

An hour of fun in this semi-structured program for you and your child, starting with gym activities and finishing with swimming in our warm water pool.

Day	Date	Time
FRI	Sept. 20 - Dec. 6	5:30 - 6:30 p.m. (2-3 y)
FRI	Sept. 20 - Dec. 6	6:45 - 7:45 p.m. (4-6 y)

Cost: \$150



Mighty Movers (2.5 - 4 years)

Give your child the confidence and skills to enhance motor skills in jumping, hopping, climbing, throwing, running, balancing, and dancing.

Day	Date	Time
SAT	Oct. 5 - Dec. 7	9:30 - 10:15 a.m.

Cost: \$100

Sports of All Sorts (6 - 9 years)

A fun and engaging physical activity program introduces young participants to various sports, including soccer, basketball, floor hockey, pickleball, etc. Through age-appropriate drills, games and activities, kids will develop basic skills and foster a love for physical fitness in a supportive and energetic environment.

Day	Date	Time
SAT	Sept. 28 - Nov. 16	9 - 10 a.m.

Cost: \$96

This Girl Can (girls 8 - 15 years)

Designed to empower tweens and teen girls to move their bodies in a safe and non-threatening environment while connecting with their peers. Participants will learn proper form and technique to unlock their greatest potential and physical fitness. Each class will focus on resistance, cardiovascular conditioning, core, mobility and flexibility training.

Day	Date	Time
THU	Oct. 3 - Nov. 21	7 - 8 p.m.

Cost: \$120

Our clinic services are designed to help you relieve pain, recover from an injury, and lead a healthier life. We work closely with you to develop treatment plans tailored to your unique needs and lifestyle. Our clients find peace of mind through expert care, from rehabilitation to preventative health.

Let us help you get back to doing what you love most, visit us [online](#) or call 204-632-3910.

Here are a few of our highlighted services:

Weight Loss & Risk Reduction Clinic

A 6-month medically supervised weight loss program with one-on-one support from a clinical exercise physiologist, registered dietitian, cognitive behavioural therapist and a physician. Designed to help you develop realistic and sustainable lifestyle changes to reduce or improve risk factors for chronic disease and support you in achieving optimal health. The Weight Loss Clinic can be delivered in-person, virtually or as a hybrid. For more information, [Wellness Institute Weight Loss Clinic](#) or call 204 -632-3910.

Nutrition Services

Our registered dietitians provide medical nutrition therapy that promotes healthy eating and well-being and helps individuals manage various health conditions. Nutrition counselling is provided for:

- Diabetes and pre-diabetes
- Health disease
- High blood pressure and/or high cholesterol
- Cancer
- Osteoporosis
- Digestive issues
- Geriatric nutrition
- Sports and high-performance nutrition

Nutrition counselling may be covered by private health insurance. [Book Here](#) for an appointment or call 204-632-3910.

Foot Care

It is recommended for those with diabetes, circulation concerns, disabilities and anyone with difficulty caring for their feet. Treatments include:

- Professional care of nails, corns callouses
- Assessment of foot health circulation. Sensation, swelling, foot mobility
- Risk for development of foot ulcers

Foot care may be covered by private health insurance. [Book Here](#) for an appointment or call 204-632-3910.





Women's Health

Women on Weights: WOW!

Strength training is an integral part of a healthy lifestyle for women of all ages and stages of life. Resistance training can strengthen your muscles, bones, and metabolic systems and boost your psychological well-being.

WOW! Foundation Workshop

Join us for a ½ day workshop that combines classroom education and hands-on resistance training. We'll cover why resistance training is vital for women, dispelling the myths and providing facts, gym etiquette and the FITTE principle for Resistance Training. You'll learn how to design an effective full-body workout using various equipment. With machines, free weights, tubing and your body weight, you'll walk away with a workout you can use immediately. Our dietitian will discuss proper nutrition, how to eat for optimal muscle gain, and the pros and cons of supplements. You'll also receive a healthy snack with the recipe to fuel your muscles. You'll leave feeling empowered, strong, and knowledgeable.

Day	Date	Time
SAT	Oct. 5	9 a.m. - 12 p.m.
Cost: \$75		

Facilitators: Lori Orchard, CSEP trainer with over 40 years of experience in the fitness industry. Hao-Yi Sim, a Registered Dietitian, has been practicing for several years, with experience in primary care, long-term care, and sports nutrition.

WOW! – Practical Strength Series

Join Lori Orchard for this 6-week exercise program designed for perimenopausal and postmenopausal women. It includes full-body workouts using free weights, machines, bodyweight exercises, and tubing. Participants will gain comfort in the weight room and learn to perform resistance training exercises safely and effectively. While we recommend the Women on Weights Foundation workshop, it is not a prerequisite for participation.

Day	Date	Time
WED	Oct. 16 - Nov. 20	7 - 8 p.m.
Cost: \$129		

Explore the Pelvic Floor

Did you know that urinary incontinence affects up to 1/3 of adult women between the ages of 30-60 years old? Pelvic floor dysfunction is a common yet often under-discussed issue that can significantly impact quality of life. Join Lisa Gibson, our pelvic health Physiotherapist, and explore how the pelvic floor supports internal organs and how these muscles control urinary and bowel function. You'll learn how to recognize symptoms of pelvic dysfunction and discover how physiotherapy treatment and exercise can help manage symptoms and improve quality of life.

Day	Date	Time
MON	Oct. 7	6:30 - 7:30 p.m.
Cost: FREE		

Coming Soon – January 2025

NEW Explore Your Floor: A Pelvic Floor Exercise Program

Join us for a six-week exercise program specifically designed to strengthen and support your pelvic floor. Beneficial for adults of all ages, including pre and postpartum.

You will receive coaching from experienced instructors and learn how to engage important muscles within your pelvis during exercises designed to strengthen your pelvic floor. This program is designed to improve symptoms such as back/pelvic pain, urinary incontinence or urgency, diastasis recti, prolapse. Connect with others facing similar challenges in a supportive environment and prioritize your health for a better quality of life. Space will be limited. Pre-requisite: Pelvic floor physiotherapy assessment.

For more information or to join our waitlist please call (204) 632-3910.

Pelvic Floor Physiotherapy

Helps improve symptoms associated with dysfunction in the pelvic floor muscles. These symptoms usually impact activities of daily living, and they can also cause emotional distress. You may benefit from pelvic floor physiotherapy if you have:

- Urinary or fecal leakage (incontinence)
- Urinate very frequently and experience a strong urge to urinate
- Abdominal weakness or 'separation' (diastasis recti)
- Experienced changes after being pregnant
- A heavy feeling between your legs (prolapse)
- Back or pelvic injuries that cause pain

For more information on Pelvic Floor Physiotherapy, [Pelvic Floor Physiotherapy - The Wellness Institute](#)

Mom & Baby Fit

This 45-minute class includes a warm-up, full-body strength and endurance training, and stretching. During the bodyweight exercises, including the baby in exercise is encouraged. All fitness levels and all trimesters are welcome.

Day	Date	Time
WED	Oct. 9 - Nov. 27	1:15 - 2:15 p.m.
Cost: \$95		



A Wellness Institute Membership: An investment in health

Join a community of people reaching their health goals in a world-class facility with expert support.

You're invited

Join us for an unforgettable evening. Enjoy an exquisite dinner, engaging speakers, live entertainment, and exciting silent and live auctions.



NOVEMBER 7
THURSDAY

THE FORT GARRY HOTEL
GRAND BALLROOM
COCKTAILS 6 PM | DINNER 7 PM

SPONSORSHIPS AND TICKETS ARE LIMITED!

Your attendance directly enhances patient care, advances medical research, and helps create a healthier future for our community. Let's make a difference together!

For tickets and more information, visit soghfoundation.ca or call (204) 632-3316

