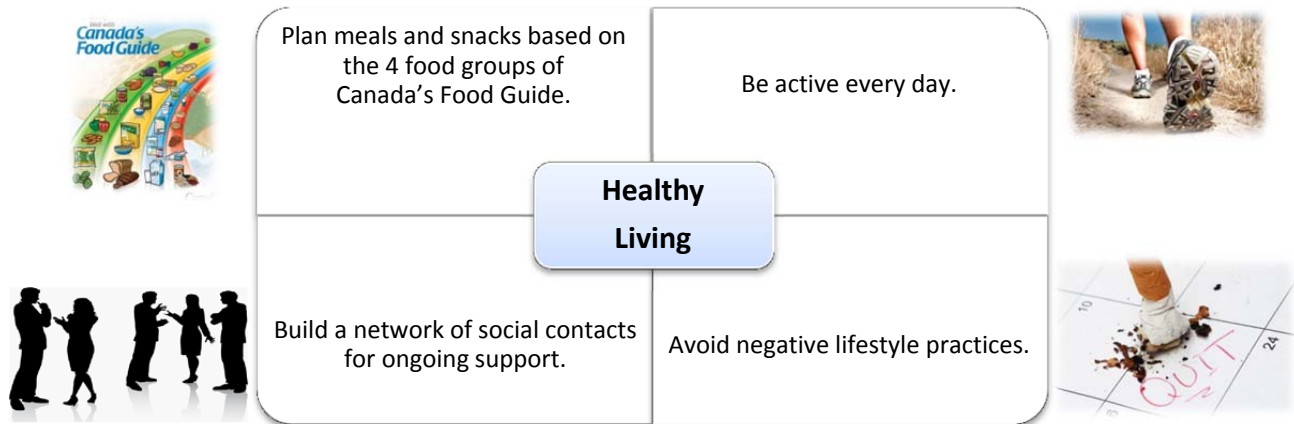


New Focus on Health

Take charge of your health and make healthy living a priority. Focus on positive choices to stay physically and mentally well. Contact local organizations to learn about **available programs** and **resources** that promote healthy living.



Healthy habits support healthy lifestyles. Use the variety of **classes and wellness programs** in your community to learn how to take more responsibility for your health and wellness. Many services have affordable prices or are free of charge. Learn more about available services from:

- **Public Health Units**
- **Community Health Centres**
- **City or Community Recreation Departments**

Crisis intervention
Dance
Fitness

Sports
Yoga
Diabetes classes

Cooking on a budget
Craving change
Heart smart eating

Smart shopping
Stop smoking
Stress management

Master Your Health

Contact your local **Community Health Centre** to see if you qualify for this unique program for people with chronic health problems. The program runs for 6 weeks and teaches you to *take charge of your health*:

- Develop techniques to deal with frustration, fatigue, and pain
- Learn exercises that will help you improve strength, flexibility, and endurance
- Make better food choices
- Communicate better
- Understand medical advice.

Ontario's Community Health Centres*

Chatham-Kent		
Chatham-Kent Community Health Centre	Chatham, Wallaceburg, and Walpole Island	519-397-5455
Sarnia – Lambton		
Grand Bend Area Community Health Centre Inc.	Grand Bend	519-238-1556
North Lambton Community Health Centre	Forest	519-786-4545
	Kettle Point	519-786-2700
	West Lambton	519-344-3017
	Watford	(519) 333-2747
Windsor-Essex County		
Windsor Essex Community Health Centre	City Centre Health Centre	519-971-0116
	Sandwich Community Health Centre Inc.	519-258-6002
South West		
London InterCommunity Health Centre	London	519-660-0874
West Elgin Community Health Centre	West Lorne	519-768-1715

Public Health Units*

Chatham-Kent Health Unit	519-352-7270
Lambton Health Unit - Community Health Services Department	519-383-8331 (1-800-667-1839)
Windsor-Essex County Health Unit	519-258-2146
Huron County Health Unit	519-482-3416
Middlesex-London Health Unit	519-663-5317
Elgin-St. Thomas Health Unit	519-631-9900 (1-800-922-0096)

*The listed organizations are recommended to people attending the *Windsor Regional Bariatric Assessment and Treatment Centre*.

Internet

Health Canada – Healthy Living

<http://www.hc-sc.gc.ca/hl-vs/index-eng.php>

Eat Right Ontario

<http://www.eatrightontario.ca/>

Public Health Agency of Canada – Tips to Get Active

<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/07paap-eng.php>

Canadian Mental Health Association

<http://www.cmha.ca/bins/index.asp>

*Take charge of your health:
eat better, be active, find good social supports, and avoid negative habits.*