

Hanover Family Health Team - Upcoming Programs 2017

Living on Less

Location: The Salvation Army, Hanover.

Living on Less is a workshop created to educate people about community resources and healthy eating on a budget. Specifically designed for those living on a limited income or for anyone simply wanting to spend less, the sessions will discuss:

- Grocery shopping tips
- Healthy meal planning ideas
- Plan Shop Cook... budget friendly
- Community resources to encourage physical activity and healthy eating
- Food storage and recipe sharing

Dates: March 15, March 22 & March 29, 2017

Grey Bruce Diabetes Workshops

Time: Weekly from 6:30pm–8:30pm

Location: 2nd Floor of the Hanover Hospital, Room 316

Improve your knowledge of diabetes. Join us for this unique interactive learning experience!

February 15 – Living with Diabetes

February 22 – How Diabetes Works

March 1 – Healthy Eating

March 8 – Cooking Class

March 15 – Foot Care

Chronic Pain Management

Start Date: Thursday, March 9 from 11:30am–3:30pm

Location: 2nd Floor of the Hanover Hospital, Room 316

The Chronic Pain Management Program is a four hour workshop designed to provide participants with information about the chronic disease process and how to cope with persistent pain. Chronic Pain Management is a series of strategies used to reduce symptoms and improve ability to carry out daily activities.

Registration is required for all programs.

Please call the Hanover Family Health Team at 519-506-4348.