

University of  
Lethbridge



# WELLNESS & YOUR HEALTH

## September 2018 Newsletter



**9/19**

**Wellness Walk**

12 - 12:30 PM

Meet at the climbing wall by the south doors on the main level 1st Choice Savings Centre for Sport & Wellness

**9/24**

**Knit 'n' Knatter/Crochet 'n' Chatter**

12 - 1:00 PM

U of L Art Gallery

Open to all, experienced crafty folks and newcomers alike are welcome to bring knitting/crocheting projects or learn with help of volunteers.

**9/25****#IBelieveYou Campaign Launch**

12 - 1:00 PM

Andy's Place AH100

Speakers from 12:15 - 12:30 PM

All Welcome!

More Information [Here](#)

RSVP [Here](#)

**9/30****CIBC Run for the Cure**

Registration: 8:00 AM

Opening Ceremonies: 9:10 AM

Warm Up: 9:45 AM

5km Start: 10:00 AM | [Route Map](#)

1km Start: 10:00 AM | [Route Map](#)

**10/3****Mini Massage**

1 - 3 PM

AH 137

Register [here](#)

**10/9****Wellness Lunch & Learn - Mindful Communication  
with Bonnie Lee from Health Sciences**

AH 100

12 - 1 PM

Register [Here](#)

**10/12****Health Check for U is back! We are teaming up with the Health Centre to bring  
back this popular health screening program.**

Markin Hall 2011 Most Fridays starting Oct 12

8:00 - 10:00 AM in 15 minute increments

Register [Here](#)

Click [here](#) for more info on the program.

**10/30****Wellness sessions - Blue Cross 'Balance' Demos**

**Find out how to earn rewards while staying healthy!**

AH 100

11 - 11:45 AM & 12 - 1 PM

More info [Here](#)

Register [Here](#)

**10/31**

**Annual Life Balance Fair**

10 AM - 1:30 PM

1st Choice Savings Centre Track

For more information, click [here](#).



*Pictured above: Emily Brown*

**September Wellness  
Champion**

September's Wellness Champion is running enthusiast, Emily Brown from Counselling and Career Services.

Emily is passionate about running – anything from a 100-meter sprint to a marathon! Emily describes running as the basis of so many other sports. She loves that you can do it alone or with a group. It is a great way to clear your mind and enjoy the space around you, and all you need is a pair of shoes!

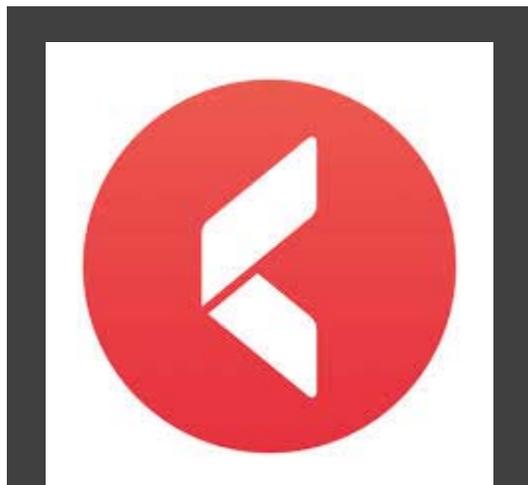
Emily has been involved with running activities for the past 20 years now. She joined the



*3rd Employee Health & Wellness Survey results coming soon! Stay tuned for more information!*

**Check our website for more information**

**APP CORNER**



Lethbridge Track Club and hasn't looked back. Emily explained that she has had lots of great coaches during her years of competitive track with both the Pronghorns and Lethbridge Track Club and she accredits them for her success. Emily enjoys running because every run is an opportunity to get better and increase your distance. Emily says it is important to remember that you only have to compete against yourself!

Emily's advice to fellow runners looking for guidance or recommendations is to start slow - alternate between walking and running. Emily said that running has connected her to amazing people and allowed her to travel to different places for races.

Please help us thank Emily for sharing her story, as well as congratulate her on leading a healthy lifestyle



For Emily's article and past Champions, click here.



## Keelo

It's tough to beat HIIT training when you want to get in a quick and effective workout. Keelo takes full advantage of the training strategy, providing fast-paced workouts lasting between seven and 20 minutes that'll deliver results soon when done three times a week. The app has both bodyweight workouts and workouts with equipment, so whether you're in the gym or at home there's no excuse not to torch some calories. (Free: [iOS / Android](#)[Opens a New Window.](#))



OR



did you know?

A large, light gray downward-pointing arrow is positioned below the text 'did you know?'.

New additions to the campus are two bicycle repair stations. These two stations are located in close proximity to the bike racks in Lot E and the bus loop.

See article below for more details!



U of L Wellness will be

Lunch and Learn's will resume this fall. Stay tuned for more dates and more information. We look forward to seeing you there!

### U of L Wellness Lunch & Learn Presentations



Mini Massage sessions are back on campus this semester. There will be three sessions this fall:

- October 3rd, 2018 from 1 - 3 PM in AH 137
- November 15th, 2018 from 10 AM - 12 PM in L 1114
- November 29th, 2018 from 10 AM - 12 PM in D 635

[Register here](#)



teaming up with U of L Dietitian, Faye Craig, to share monthly Nutrition tips leading up to Healthy Workplace Month in October.

[Click Here For a Full List of the Weekly Tips!](#)



World Alzheimer's Month is the international campaign every September to raise awareness and challenge the stigma that surrounds dementia. September 2018 will mark the 7th World Alzheimer's Month. The campaign was launched in 2012: World Alzheimer's Day is on 21 September each year.

2 out of every 3 people globally believe there is little or no understanding of dementia in their countries. The impact of World Alzheimer's Month is growing, but the stigmatisation and misinformation that surrounds dementia remains a global problem, that requires global action.

For those of you who use



1 in 7 Canadian men will be diagnosed with prostate cancer in their lifetime, making it the most common cancer in men.

The need for greater public education is why we designated September as Prostate Cancer Awareness Month, a month dedicated toward engaging and connecting the public, media, academia, and government around a disease that affects us all on some level.

Whether it's a cutting-edge research announcement, a special news feature, a public service announcement, a fundraising event, or a landmark that has been illuminated blue, Prostate Cancer Awareness Month was geared towards spreading the word in as accurate, diverse, and widespread a manner possible.

**For more information, visit  
their website**



**Bus loop**



**Lot E**

### **Check out the new Bike Repair Stations on Campus!**

New additions to the campus are two bicycle repair stations. These two stations are located in close proximity to the bike racks in Lot E and the bus loop.

The repair stations include all the tools necessary to perform basic bike repairs and maintenance, from changing a flat to adjusting brakes and derailleurs. The tools are securely attached to the stand with stainless steel cables and tamper-proof fasteners. Hanging the bike from the hanger arms allows the pedals and wheels to spin freely while making adjustments. The bright yellow tire pump has a hands free universal pump head allowing the user to use both hands to inflate their tire. The QR code located on the station decal will lead smartphone users to videos of six basic repairs normally performed on bikes. These stations will be accessible for bicyclists during the favourable summer months and then placed in storage during the winter.

Doug Smith from Grounds & Motor Vehicle Pool worked tirelessly to design and fabricate the repair stations from recycled materials on campus.

**The International Association for Suicide Prevention invites you to light a candle at 8 PM**



**World Suicide Prevention Day**

**On September 10th**

**World Suicide  
Prevention Day**

**Light a candle near  
a window at 8 PM**

**to show your support  
for suicide prevention**

**to remember a lost loved one**

**and for the survivors  
of suicide.**

**[www.iasp.info/wspd](http://www.iasp.info/wspd)**

**For more information, visit their website**



## Issue #9:

### ADDICTION & RECOVERY



Regardless of income, race, colour, religion or gender, addiction does not discriminate and may affect anyone. Recovering from addiction is a lifelong journey where individuals are faced with varying obstacles and challenges throughout everyday life. The courage and strength of those recovering from addiction is unprecedented, as they often face discrimination and stigmas while maintaining their sobriety. With the majority of individuals never facing or being directly impacted by addiction, it may be difficult to understand the daily challenges individuals with an addiction face. The recognition that addiction is not an individual issue, but a societal concern, is a simple truth. With addiction being more prevalent than diabetes, it is important to be educated on what addiction is, and how those in recovery maintain their sobriety.

#### What is addiction?

To better understand what addiction is, and when treatment may be needed, it is helpful to understand what constitutes an addiction. According to World Health Organization, addiction classification must include three of the following criteria:<sup>1</sup>

1. **Tolerance.** Does the individual increase use or exposure to the substance or activity?
2. **Withdrawal.** Has the individual experienced physical or emotional withdrawal when they have stopped using the substance or withdrawn from the activity (i.e. anxiety, irritability, shakes, sweats, nausea, vomiting)?
3. **Limited control.** Has the individual sometimes drunk or used drugs more than they would like? Do they sometimes drink to get drunk? Does one drink lead to more drinks sometimes? Do they ever regret how much they have used the following day?
4. **Negative consequences.** Have they continued to use or participate even though there have been negative consequences to their mood, self-esteem, health, job, or relationships?



[For the Full Article, Click Here!](#)

# Could Stress Be As Unhealthy As Junk Food For Your Gut?

BY MIOIELLE KONSTANTINOVSKY



Focus on your breath. "[Slow, deep breathing](#) is a great tool to moderate the nervous system," says Matluck. "It sends a message that you're safe and your survival isn't threatened." Try [Fitbit's Relax feature](#) for some help. It can guide you through a two- or five-minute session.

Talk it out. "It's often so hard to see our own self-destructive or self-sabotaging thoughts-those thoughts that keep us in fight-or-flight," says New York-based nurse practitioner and health coach, [Victoria Albina, NP, MPH](#). "Working with a professional listener, like a therapist or health coach, can help you shift your thoughts."

**Write it down.** “When thoughts rattle around in our heads without any outlet, stress continues and can multiply,” says Albina. “By journaling, we can get the stressful thoughts and feelings out of our hearts and minds, bringing back order, calm, and peace—a much better and more efficient place from which to work.” And it doesn’t require a huge time commitment: [One study](#) found that university students who journaled for about 15 minutes every night for a week experienced reduced bedtime worry and stress, increased sleep time, and improved sleep quality.

**Eat pre- and probiotics.** Consider [probiotics](#)—living microorganisms found in fermented foods (like yogurt) that contain living cultures—the good guys in your gut. [Prebiotics](#) are the non-digestible carbohydrates, found in foods like leeks and asparagus, that feed these good guys and help them thrive. Together, [prebiotics and probiotics](#) can help [ease inflammation in the gastrointestinal tract](#), which [supports balanced brain chemistry](#) and can reduce the experience of stress, says Albina.

**Cut yourself some slack.** “When you’re hard on yourself about not managing stress, you’re feeding back into the cycle that caused your stress to be elevated—and frankly, being hard on yourself never got anyone anywhere,” says Albina. “Try being compassionate and kind and see where that can get you.” [Research has shown](#) that committing to a regular meditation practice (30-minute sessions once a week for eight weeks) can help inspire compassion.

“Stress-reduction takes a multifaceted approach,” says Bhuyan. “The results feel subtle, but with regular mindfulness, you’ll soon notice that project deadlines don’t worry you as much or your boss doesn’t stress you out like before. If you’re not sure where to start, it’s a great idea to see your primary care provider and come up with a stress-reduction plan that’s tailored to you.”

*This article is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or condition. Always check with your doctor before changing your diet, altering your sleep habits, taking supplements, or starting a new fitness routine.*



## Calgary Corner

Written by Karen Ogilvie

## BCBH® News Summer 2018



### Chronic Pain Self-Management Program

#### Chronic Pain Management Classes are coming to the South Zone!

Like the Chronic Disease classes, the Chronic Pain classes run for 8 weeks, each class 2 ½ hours a week. The course offers much of the same content as the Chronic Disease class, but also helps individuals living with chronic pain learn skills that can help them better manage their chronic pain symptoms as well as their daily lives.

The Chronic Pain Management Program was co-designed by two Canadian health care professionals and researchers at Stanford University through applied research and is licensed by the Self-Management Resource Centre.

**Belinda Hurlbert BCR, Rec T**  
Coordinator of Self-Management,  
South East Zone  
Ph. 403-502-8648 ext. 1789  
Email: [belinda.hurlbert@ahs.ca](mailto:belinda.hurlbert@ahs.ca)

#### Chronic Pain Fall Classes

##### Medicine Hat

Mondays, 1:00 – 3:30 pm  
September 10th- October 22<sup>nd</sup>  
or  
October 29th – December 10<sup>th</sup>  
88 Valleyview Drive,  
Medicine Hat, AB

##### Lethbridge

Wednesdays, 1:00 – 3:30 pm  
September 26<sup>th</sup> - October 31<sup>st</sup>  
424 – 5 St S Lethbridge, AB

**Julie Swanson BN, RN**  
Coordinator of Self-Management,  
South West Zone  
Ph. 403-388-6675 ext. 3697  
[julie.swanson2@ahs.ca](mailto:julie.swanson2@ahs.ca)

#### Chronic Pain Leader Training

In the next year Medicine Hat and Lethbridge will be holding Chronic Pain Leader Trainings.

Medicine Hat has their first Leader Training Dates set for Sept 10, 12, 17, and 19th.

Both Medicine Hat and Lethbridge will release more training dates in the future. If you, or someone you know are interested in becoming a Volunteer Leader for the Chronic Pain Classes, please contact Belinda in Medicine Hat or Julie in Lethbridge.

#### Chronic Disease Fall Classes

##### Medicine Hat

Wed, 6:00 – 8:30 pm  
Oct 3<sup>rd</sup> – Nov 7<sup>th</sup>  
88 Valleyview Dr

##### Lethbridge

Wed, 1:00 - 3:30 pm  
Nov 7<sup>th</sup> – Dec 12<sup>th</sup>  
424 5 St S



FOR THE FULL ARTICLE, CLICK HERE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <ul style="list-style-type: none"> <li>• Basic Diabetes Management 1:00-4:00 (Lethbridge RN2/RD3)</li> </ul>	<b>2</b>	<b>3</b> <ul style="list-style-type: none"> <li>• Heart Chec #2 9:00-12:00</li> <li>• Getting Started 6:30-9:00 (LCMA115)</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• Basic Diabetes Management (Taber) 9:00-12:00</li> <li>• Energy Management #1 10:00-12:00</li> </ul>	<b>5</b>
<b>8</b> <b>Thanksgiving</b>	<b>9</b> <ul style="list-style-type: none"> <li>• Getting Started 1:30-4:00</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• Heart Chec #1 9:00-12:00</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• Grocery Store Tour 1:30-4:00 South Superstore (DBRD1)</li> <li>• Energy Management #2 10:00-12:00</li> </ul>	<b>12</b>
<b>15</b>	<b>16</b> <ul style="list-style-type: none"> <li>• Stroke Sense 1:30:4:00</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• Heart Chec #2 9:00-12:00</li> </ul>	<b>18</b>	<b>19</b>
<b>22</b> <ul style="list-style-type: none"> <li>• Healthy Eating for Reducing Risk 1:30-3:30 (DBRD1)</li> </ul>	<b>23</b>	<b>24</b> <ul style="list-style-type: none"> <li>• Heart Chec #1 9:00-12:00</li> </ul>	<b>25</b>	<b>26</b>
<b>29</b>	<b>30</b>	<b>31</b> <ul style="list-style-type: none"> <li>• Heart Chec #2 9:00-12:00</li> <li>• Getting Started 6:30-9:00 (LCMA117)</li> </ul>		

\*\*\*Registration is REQUIRED for these classes, please call Alberta Healthy Living at 403-388-6654 or 1-866-506-6654

[Click here to view the Class Calendar](#)



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