

# Owen Sound Family Health Team Programs & Services

All programs are Free but registration is required, call: 519-470-3030 X103

Please indicate at the time of registration if your Family Physician is not part of the OSFHT.

<b>Boosting Balance</b>	Falls prevention workshop.	In-Person
<b>Healthy Bones</b>	How to live a healthy life with osteoporosis	
<b>Heart Healthy Eating</b>	Our registered dietitian and clinical pharmacist will teach you about cholesterol lowering medications and diet strategies to manage your cholesterol and blood pressure.	Virtual & In Person
<b>Smoking Cessation</b>	Our Quit Tobacco Program offers counselling support from trained "Quit Coaches" Anyone who smokes cigarettes can be provided with FREE nicotine replacement therapy which includes (patches, gum, lozenges, inhaler or mist) through the STOP program. Alternatively, the prescription medications, varenicline (Champix) or bupropion (Zyban) might be right for you. <b>519-470-3030 Extension 132</b>	for patients with a doctor at the Owen Sound Family Health Team.
<b>Introduction to Solids</b>	When & How to Introduce Solids – for Babies 4-6 months old Food Allergies, Constipation & more....	Virtual
<b>Picky Eaters, Problem Feeders</b>	Are you tired of Mealtime Mania? Worried that your child only accepts certain foods and won't eat anything else? Join us for a free, virtual two-part workshop led by a Registered Dietitian. We will help you and your child turn things around!	Virtual
<b>Stress Management</b>	4 pre-recorded sessions with 2 live (optional) sessions Participants will better understand personal triggers to stress, and warning signs, as well as ways to manage stress including self-care, communication, boundaries, and changing thought patterns.	Virtual – Prerecorded & Live
<b>Living with Type 2 Diabetes – Part 1 &amp; 2</b>	For Patients newly diagnosed with Type 2 diabetes or for those already living with Type 2 diabetes who need an update. Follow up with Dietitian available. Part 1: What is Type 2 Diabetes, Healthy eating, Physical Activity, Medications, Blood glucose monitoring. Part 2: Carbohydrate Counting, also called carb counting, is helpful for people trying to manage blood sugars.	Prerecorded 2.5 hrs/part Offered 2x a month
<b>Diverticular Disease Class</b>	25-minute workshop will teach you about this condition and how to use food to manage your symptoms. This FREE class is pre-recorded and available anytime. Patients accessing this recording are invited to also book a follow-up with a registered dietitian.	Prerecorded
<b>Crohn's and Colitis Class</b>	Learn about Crohn's disease and the various types of colitis in this free webinar, led by a registered dietitian. We'll teach you how to manage your symptoms with diet and make the most of life with Inflammatory Bowel Disease. This class is pre-recorded and available anytime. Follow-up with a dietitian is available.	Prerecorded
<b>Virtual Grocery Store Tour</b>	Learn how to navigate the grocery store and choose healthy foods for you and your family, all from the comfort of your own home. Includes label reading, budget shopping tips and more!	Prerecorded
<b>Craving Change</b>	Join us for this free four-week workshop! Craving Change is an educational program that can help you develop a healthier relationship with food. You will discover why you eat the way you do and learn to take steps to change your problematic eating habits. This is not a weight loss program. This program is currently being offered virtually <b>Please call Carol at 519-470-3030 ext 131</b>	Virtual
<b>Nutrition for a Healthy Pregnancy</b>	This FREE class is pre-recorded, and available anytime. Patients accessing this recording are invited to also book a follow-up with a registered dietitian.	Prerecorded
<b>GLB (Healthy Lifestyle Program)</b>	Healthy eating to prevent or treat chronic disease. Slowly and safely increasing physical activity. Problem solving, goal setting and staying motivated. Stress and time management. Taking charge of your health and wellness The program lasts for six months, with one session every week (switching to every two weeks halfway through), and each session is one hour long	In-Person & Virtual