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.

Boosting Balance	Falls prevention workshop.	In-Person
Heart Healthy Eating	Our registered dietitian will teach you about the mediterranean diet and practical nutrition strategies to manage your cholesterol & blood pressure.	Virtual & In Person
Smoking Cessation	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. **519-470-3030 Extension 103**	For patients with a doctor at the Owen Sound Family Health Team.
Introduction to Solids	When & How to Introduce Solids – for Babies 4-6 months old Food Allergies, Constipation & more….	Virtual
Stress Management	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
Living with Type 2 Diabetes – Part 1 & 2	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.	Virtual – Prerecorded 2 hrs/part Offered 2x a month
Craving Change	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 **Please call our dietitian at 519-470-3030 x 130**	Virtual
Healthy Lifestyle Program	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 1 year, with one session every other week (switching to monthly halfway through), and each session is one hour long	In-Person