



# OPEN PROGRAMS

The Thames Valley Family Health Team offers the following programs to the general public:

## **Best Weight**

Become health-focused and get practical strategies on nutrition, activity levels and other health behaviours.



## **Dream On: Cognitive Behavioural Therapy for Insomnia**

A non-medication approach to help get your sleep back.



## **Heart Health**

Learn practical approaches to managing your cholesterol levels and reducing your overall cardiovascular disease risk.



## **Leave the Pack Behind - Tools to Quit Smoking**

Physical & psychological aspects of nicotine addiction; tactics to help you quit; medications that can set you up for success.



## **Prenatal Information Group**

Learn about the physical, mental and emotional changes that may occur during the prenatal period.



## **Steady & Strong: A Falls Prevention Group**

Learn how to prevent falls in your home and community so that you can live where you choose without losing your quality of life.



## **Sweet Talk: Managing Your Blood Sugars**

Learn how to change your health behaviours to improve blood sugar control and reduce health risks.



To learn more and register, scan the QR code next to the group or visit [www.thamesvalleyfht.ca/programregistration](http://www.thamesvalleyfht.ca/programregistration)