

SPRING 2024

positively healthy

SPRING 2024
WELLNESS INSTITUTE
PROGRAM GUIDE
INSIDE!
➔



SEVEN OAKS
GENERAL HOSPITAL

thewellness
Institute



Chronic Disease
Innovation Centre



SOGH
FOUNDATION



In this issue:

Message from the Board chairs	3
The benefits of medical fitness centres	4
Serving patients with cognitive challenges	6
Wellness Institute program guide	8
Legacy giving	24



Message from the Board chairs

We are delighted to share with you some of the exciting things taking place at the Seven Oaks Hospital Health Campus.

As you read, you may be familiar with one or more areas of our health campus. We have our hospital, offering exceptional care to patients; our medical fitness facility, the Wellness Institute, a world leader in lifestyle medicine, helping people to prevent and manage injuries and disease; and our research arm, the Chronic Disease Innovation Centre, undertaking groundbreaking research with a global reach. The outstanding work of these units is supported by the Seven Oaks General Hospital Foundation.

Collaboratively, cooperatively and with care and compassion, these teams work together to improve the health of our patients and community. This integration is both rare and leading edge; it may surprise you to know that the work undertaken right here in Winnipeg is improving the way health care is delivered around the world.

As Board chairs, we continue to be amazed and inspired by the work of the people at Seven Oaks. In this issue of our newsletter, you'll see examples of how their creativity – enhanced by an integrated approach to healthcare – is changing lives. It is inspiring what can happen when research, prevention and treatment are all focused on patient outcomes.

It was a group of very committed citizens from very diverse backgrounds who came together and drove the vision and development of the campus we call Seven Oaks. From the hospital's beginnings, innovation and community care have been at the forefront. These priorities are the fuel that will continue to propel us to make Seven Oaks General Hospital a hub for creating thriving, healthy communities.



John S. Zabudney, Chair
Seven Oaks General Hospital Board of Trustees



Stuart Greenfield, Chair
Seven Oaks General Hospital Foundation Board

We'd like to hear from you!

We invite your questions and feedback on this Positively Healthy newsletter, or any of our work. Contact the Foundation at **204-632-3552** or email us at **SOGH_foundation@sogh.mb.ca**



First-of-its-kind study explores the benefits of medical fitness centres

Evidence suggests that facilities like the Wellness Institute play a key role in preventing illness and death.

Regular members of the Wellness Institute at Seven Oaks know the positive outcomes that come from consistent exercise.

Now a first-of-its-kind longitudinal study at the Seven Oaks health campus is using evidence-based research to determine the benefits of being a member of a medical fitness facility.

Longitudinal studies use repeated measurements to follow individuals over prolonged periods of time – often years or decades. A recent 10-year longitudinal study titled “Association of Membership at a Medical Fitness Facility with Adverse Health Outcomes” was published in the American Journal of Preventative Medicine in 2021.

➔ The study will recruit participants and gather critical information about them to help researchers better understand how exercise benefits their long-term health.

The study was conducted by the Wellness Institute (WI) and the Chronic Disease Innovation Centre (CDIC) at Seven Oaks and found that attending a medical fitness facility reduced hospitalizations by 13% and the risk of death by 60%.

It was the first study to explore the association of medical fitness facility membership and frequency of attendance with mortality, when compared with a control group in a universal healthcare system. However, a limitation of the study was that it was *retrospective* – meaning that it used available, pre-existing data.

This new study – called the Healthy Aging Cohort Pilot – will recruit participants and gather critical information about them to help researchers better understand how exercise benefits their long-term health.

“This project is unique in that it is a prospective longitudinal study, and as such will obtain data controlling for lifestyle – such as Body Mass Index, smoking, alcohol intake or dietary habits – and frailty, body composition, social determinants of health, wellbeing and personality factors,” says Michelle DiNella, Executive Director of the CDIC.

The study is a collaborative venture of Seven Oaks General Hospital, CDIC, WI and the University of Manitoba and is funded by the Seven Oaks General Hospital Foundation. Additionally, this study includes an advisory group committee composed of Wellness Institute members, Wellness Institute staff, the CDIC researchers, research coordinators, and facilitators. The advisory group is an

integral part of the project, providing ideas around healthy aging and lifestyle and what outcomes are most important to study; and providing information on the reasons for joining as well as the use of the medical fitness facility, any barriers faced, and program needs.

One hundred participants – all WI members – are currently being recruited to take part. Researchers will gather baseline data on them and then check in one year later to gather the same specifics.

“We will then use the data to apply for broader funding to expand this project into a five-year and then into a 10-year cohort study, which will be one of the largest prospective healthy aging cohorts ever conducted,” says Michelle.

The study is significant because the evidence so far suggests that medical fitness facilities should be part of a preventative public health strategy. The Wellness Institute is already a world leader in lifestyle medicine, helping to prevent illness, improve quality of life, and help improve the health of those with chronic conditions.

“If we can reduce health care costs through healthy aging activities and if facilities like the Wellness Institute reduce hospitalizations and deaths, then that is a huge win for individuals and for our health care system,” she says.

Patients with cognitive challenges find safety and serenity

Thanks to donors, the 3rd Floor Community Medicine Unit can enhance its care for vulnerable patients

The 3rd Floor Community Medicine Unit is a special place on our health campus.

It is where patients with challenging behaviours are helped to feel safe by dedicated staff attuned to their needs.

These are individuals, often the elderly, who need specialized care to support their tendencies to be confused, agitated, or aggressive.

The amazing staff on this 3rd-floor unit draw from a wide range of expertise to provide personalized care for these patients. The team rallies around each person, tapping into what is meaningful for them and finding ways to improve their hospital stay and put their families and caregivers at ease.

One heartening story of the team's efforts is that of a patient with dementia who spoke repeatedly of playing the piano. Staff hunted around the hospital and found her a keyboard – and she promptly sat down at it and played beautifully. She entertained staff and other patients, even taking requests. Although her dementia was ever present, she was able to use the abilities she still had to improve her situation, thanks to attentive staff who went the extra mile.

Two recent fundraising events are ensuring this innovative team can continue their exceptional work. In September, a golf tournament hosted by the Roofing Contractors Association of Manitoba and Platinum Jets raised \$18,000 for the unit. In November, our re-imagined Gala at The Leaf in Assiniboine Park raised more than \$100,000. We thank all the players, participants, sponsors, staff and volunteers whose involvement has helped us make a difference for our most vulnerable patients.

The funds raised at these two events will support these key improvements for the 3rd Floor Community Medicine Unit:

- Enhanced programming for patients, including streaming services, to heighten their engagement and improve their mental state
- Specialized training for staff – in areas such as dementia care and cultural sensitivity – so they can better understand and care for patients
- Creation of a more soothing environment through repainting of walls, the addition of calming murals and removal of sensory triggers
- Renovation of the unit's nursing desk area to allow for safer care

At Seven Oaks we continue to do all we can to improve the patient experience. The work of the 3rd Floor Community Medicine Unit exemplifies our vision of leading and innovating in providing patient-centred healthcare.

Thank you to our 2023 Bloom Gala sponsors

We are grateful for the continued support of our community. Our November Bloom Gala at The Leaf was an exceptional night. Special thanks go to the major sponsors below, as well as all of those who donated prizes, bid on prizes, and purchased gala tables and tickets.

Presenting

Garcea Group of Companies

Platinum

Platinum Jets
Openlane

Gold

Scotiabank

Silver

Johnston Group
Pratts Wholesale

Bronze

Exemplar Developments
Pitblado Law
Radiology Consultants of Winnipeg
Kildonan Medical Centre



➔ *Patients with challenging behaviours are helped to feel safe by dedicated staff attuned to their needs.*

Spring 2024 Program Guide



thewellness
Institute

Registration

1. Registration is required for all programs.
2. Register online [HERE](#). If you have never used our online services, contact us at 204-632-3900 for temporary log-in details.
3. Register in person at the Wellness Institute, 1075 Leila Avenue, WPG, MB.
4. Call to register at 204-632-3900.
5. All program fees are subject to G.S.T. Be sure to register early to avoid cancelling classes if minimum numbers are not met. All program refunds are subject to a \$25 administration fee. Refunds will only be issued up to one week before the commencement of a program.



Adult Fitness Programs

Therapeutic QiGong

During the 6-week long Qigong program you will be led through gentle movements, breath work and meditation, and you'll cultivate energy, balance, and inner peace. Perfect for all levels. Explore the ancient art of Qigong and unlock its profound benefits for mind, body and spirit.

Day	Date	Time	Cost	Facilitator
TUE	May 7 – June 11	1 – 2:00 p.m.	FREE member/\$90 non-member	Marshall & Gail Garland

Tai Chi Easy

This 3-week-long Tai Chi program will help reduce stress and anxiety, alleviate pain, improve mood and sleep and enhance your balance and stamina. Registration is required for all.

Day	Date	Time	Cost	Facilitator
THU	May 9 – 23	2:15-3:15 p.m.	FREE member/\$45 non-member	Marshall & Gail Garland
THU	May 30 – June 13	2:15-3:15 p.m.	FREE member/\$45 non-member	Marshall & Gail Garland

Marshall Garland: Certified Qigong Instructor (levels 1,2 & 3), Tai Chi Instructor, member of Qigong Institute.

Gail Garland: Certified Therapeutic Qigong Instructor (levels 1 & 2) and Reiki Master.

Salsa Dancing for Adults – Beginner

This beginner dance class is for people with little or no dance experience. Get ready to learn salsa and bachata techniques and timing. This class is a great way to be active and come together or as a single. Please wear smooth-soled shoes (no high heels).

Day	Date	Time	Cost	Facilitator
MON	April 1 – May 27 (no class May 20)	7:45 - 8:45 p.m.	FREE for members/ \$10/class non-member	TBA

Mom & Baby Fit

This 45-minute class includes a warm-up, full-body strength and endurance training, and stretching. Including the baby in exercise during the bodyweight exercises is encouraged. All fitness levels and all trimesters are welcome.

Day	Date	Time	Cost	Facilitator
WED	Apr 3 – May 22	1:30 – 2:15 p.m.	FREE members/\$79 non-members	TBA

Aerial Yoga

Aerial Yoga is a form of yoga that combines traditional yoga poses using a hammock. Aerial yoga decompresses the spine and improves strength and flexibility. Floor-based yoga exercises will also be included. Classes incorporate zero compression inversions, suspended stretching and strengthening and, most importantly, fun.

Day	Date	Time	Cost	Facilitator
FRI	Apr 5 – May 24	4:30 – 5:30 p.m.	FREE members/\$120 non-members	Cheryl

Antigravity Fundamentals

In this class, you will use an AntiGravity (AG) Hammock to support you through various exercises; experience the power, excitement and pure joy of moving freely through open space. AntiGravity Fundamentals decompresses the spine and improves strength and flexibility. You'll become familiar with the AntiGravity Hammock and the new sensation of inversions and flying, incorporating zero compression inversions, suspended stretching and strengthening.

Day	Date	Time	Cost	Facilitator
TUE	Apr 9 – May 28	8 – 9:00 a.m.	FREE members/\$120 non-members	Lori
WED	Apr 5 – May 24	6:30 – 7:30 p.m.	FREE members/\$120 non-members	Cheryl
SAT*	Apr 6 – May 25	9 – 10:00 a.m.	FREE members/\$120 non-members	Cheryl

* Level 2 class

Antigravity Private Sessions

A full-body workout that enhances flexibility, balance and strength. For more details, [Private Antigravity classes](#)

Suspended in Sound

Experience the gentle fusion of an immersive sound bath and weightless relaxation in our Suspended in Sound class. During this sound bath experience, you'll be suspended in our aerial hammocks and guided to relax and release stress and tension deeply. No experience is necessary; float through the evening, unwind and let the gentle resonance of the crystal singing bowls support your well-being in this unique aerial sound sanctuary.

Day	Date	Time	Cost	Facilitator
WED	Mar 20	8 – 9:00 p.m.	\$30	Vivian Morningstar
WED	Apr 10	8 – 9:00 p.m.	\$30	Vivian Morningstar
WED	Apr 24	8 – 9:00 p.m.	\$30	Vivian Morningstar

Woman & Weights Workshops: WOW! Back by popular demand

Strength training is an integral part of a healthy lifestyle for women of all ages and stages of life. Resistance training can strengthen your muscles, bones, and metabolic systems and boost your psychological well-being.

Join us for a ½ day workshop that combines classroom education and hands-on resistance training. We'll cover why resistance training is vital for women, dispelling the myths and providing facts, gym etiquette and the FITTE principle for Resistance Training. You'll learn how to design an effective full-body workout using various equipment. With machines, free weights, tubing and your body weight, you'll walk away with a workout you can use immediately.

Our dietitian will speak to proper nutrition, how to eat for optimal muscle gain and the pros and cons of supplements. You'll receive a healthy snack with the recipe to fuel your muscles. Leave feeling empowered, strong, and knowledgeable.

Day	Date	Time	Cost	Facilitator
SAT	Apr 13	9 a.m. – 12 p.m.	\$75	Lori & Hao-Yi

Lori Orchard: CSEP trainer with over 40 years of experience in the fitness industry. She's participated in 2 fitness competitions, one at 49 years and one at 51 years, after being twice diagnosed with breast cancer.

Hao-Yi Sim: a Registered Dietitian, has been practicing for several years, with experience in primary care, long-term care, and sports nutrition. As an avid powerlifter, Hao-Yi believes in building muscle through a healthy, nutritious diet and its impact on short- and long-term health.



Pilates

We offer Stott Reformer and Mat Pilates classes for all levels of experience. All classes are 12 weeks in length, except when indicated otherwise. For more details, visit [Wellness Institute Pilates](#).

Intro Reformer

Perfect for those who are new to Pilates.

Day	Date	Time	Cost	Facilitator
MON	Apr 8 – June 24**	12 – 1:00 p.m.	\$209	Cassidy
TUE	Apr 9 – June 25	6:45 – 7:45 p.m.	\$228	Cheryl
WED	Apr 10 – June 26	4 – 5:00 p.m. / 6:30 – 7:30 p.m.	\$228	Cathy
THU	Apr 11 – June 27	8:30 – 9:30 a.m.	\$228	Lori
FRI	Apr 19 – June 7*	8 – 9:00 a.m.	\$152	Karen
SUN	Apr 21 – June 9*	10:15 – 11:15 a.m.	\$152	Karen

*8 weeks | **11 weeks

Level 1 Reformer

This workout is perfect for those who are new but also for anyone still benefiting from Pilates's foundational movements.

Day	Date	Time	Cost	Facilitator
MON	Apr 8 – June 24**	12 – 1:00 p.m. / 5:30-6:30 p.m.	\$209	Cassidy / Cheryl
TUE	Apr 9 – June 25	12 – 1:00 p.m. / 5:30 – 6:30 p.m.	\$228	Lori / Cassidy
WED	Apr 10 – June 26	10:45 – 11:45 a.m. / 4 – 5:00 p.m.	\$228	Cassidy / Cathy
FRI	Apr 19 – June 7*	9:15 – 10:15 a.m.	\$152	Karen
SAT	Apr 13 – June 29	11:45 a.m – 12:45 p.m.	\$228	Cheryl
SUN	Apr 19 – June 7*	9 – 10:00 a.m.	\$152	Karen

*8 weeks | **11 weeks

Level 2 Reformer

This workout is appropriate for those ready to progress from Level 1 or those with no prior reformer experience IF they have a strong athletic/fitness background.

Day	Date	Time	Cost	Facilitator
MON	Apr 8 – June 24**	6:45 – 7:45 p.m.	\$209	Cheryl
TUE	Apr 9 – June 25	10:30 – 11:30 a.m.	\$228	Cheryl
SAT	Apr 13 – June 29	9:15 – 10:15 p.m.	\$228	Cassidy

**11 weeks

Level 1 & 2 Reformer

Day	Date	Time	Cost	Facilitator
TUE	Apr 8 – June 25	5:30 – 6:30 p.m.	\$228	Cassidy
WED	Apr 10 – June 26	10:45 – 11:45 a.m.	\$228	Cassidy

Level 3 Reformer

Choose this level to challenge your skill and stamina. Prior Pilates experience is required.

Day	Date	Time	Cost	Facilitator
MON	Apr – June 24**	10:45 – 11:45 a.m.	\$209	Cassidy
WED	Apr 10 – June 26	5:15 – 6:15 p.m.	\$228	Cheryl

**11 weeks

Level 4 Reformer

For those wanting to be... 'tested'. You love a challenge, and you feel ready to continue your progress.

Day	Date	Time	Cost	Facilitator
SAT	Apr 13 – June 29	10:30 – 11:30 a.m.	\$228	Cheryl

Cardio Sculpt Reformer

This class uses the Cardio Trampoline and Reformer Pilates exercises to heighten your heart rate, challenge endurance, increase coordination and strengthen your entire body! A challenging workout suited to those with an athletic or fitness background who are new to Pilates.

Day	Date	Time	Cost	Facilitator
THU	Apr 11 – June 27	6:45 – 7:45 p.m.	\$228	Cheryl

20-20-20 Circuit Reformer

Expand your Pilates horizons with this circuit-style class using the Pilates Reformer, Stability chair and Cadillac frame, spending 20 minutes on each. Reformer experience required.

Day	Date	Time	Cost	Facilitator
MON	Apr 8 – June 24**	9:30 – 10:30 a.m.	\$209	Cassidy
THU	Apr 11 – June 27	10:45 – 11:45 a.m.	\$228	Cassidy
FRI	Apr 12 – June 28	10:45 – 11:45 a.m.	\$228	Cheryl

**11 weeks

Long & Strong

This gentle Pilates workout includes Reformer-assisted flexibility work/stretching, fascial release with soft balls/rollers, and foundational strength training on the Reformer. No previous Pilates experience is required.

Day	Date	Time	Cost	Facilitator
TUE	Apr 9 – June 25	9:15 – 10:15 a.m.	\$228	Cheryl

Athletic Reformer

A bit more challenging. Ideal for those with Pilates experience or athletic/fitness experience.

Day	Date	Time	Cost	Facilitator
TUE	Apr 9 – June 25**	4:40 – 5:25 p.m.	\$192	Cassidy
WED	Apr 10 – June 26	9:30 – 10:30 a.m.	\$228	Cassidy

**45 min class

Mat Pilates Level 2 & 3

A series of exercises focusing on abdominal conditioning and full-body flexibility. Simple changes to your movement will improve core stabilization and may result in a flatter stomach and decreased back pain. Come away feeling and looking stronger.

Day	Date	Time	Cost	Facilitator
THU	Apr 11 – June 27	9:35 – 10:35 a.m.	\$168	Cassidy

Court Conditioning on the Reformer

This reformer class is tailored for court sport players seeking to enhance their performance on the court. This dynamic and targeted workout focuses on developing core strength, flexibility, balance and agility through the use of the Pilates reformer.

Day	Date	Time	Cost	Facilitator
TUE	Apr 9 – June 25	8:15 – 9:00 a.m.	\$228	Annabel

Pilates Partner Power Session

Discover shared fitness with our Partner reformer workout. Experience the many benefits of the Pilates reformer with your partner or workout buddy. Exercises are designed to enhance core, strength, flexibility and overall fitness. Join us for a dynamic and rewarding workout and date night experience. No previous reformer experience required.

Day	Date	Time	Cost	Facilitator
FRI	Apr 12 – June 28	6:45 – 7:45 p.m.	\$228	Annabel



Drop-in Reformer Pilates Classes

Athletic Reformer

A bit more challenging. Ideal for those with Pilates experience or athletic/fitness experience.

Day	Date	Time	Cost	Facilitator
TUE	Apr 9 – June 25**	7:15 – 8:00 a.m.	\$20/class	Annabel
THU	Apr 11 – June 27	12:05 – 12:50 p.m.	\$24/class	Cheryl

**45 min class

Cardio Sculpt Reformer

This class uses the Cardio Trampoline and Reformer Pilates exercises to heighten your heart rate, challenge endurance, increase coordination and strengthen your entire body! A challenging workout suited to those with an athletic or fitness background who are new to Pilates.

Day	Date	Time	Cost	Facilitator
SAT	Apr 13 – June 29	1-2:00 p.m.	\$24/class	Cheryl

Friday Night Reformer Renewal

This rejuvenating reformer workout is the perfect workout experience to kick off the weekend. No previous reformer experience required.

Day	Date	Time	Cost	Facilitator
FRI	Apr 12 – June 28	5:30 – 6:30 p.m.	\$228	Annabel

Taking Charge of Your Health

Understanding Dementia

You'll learn about Alzheimer's disease and other dementias, the warning signs of the disease, what you can do to reduce your risk, and interacting with someone living with dementia, along with the Alzheimer Society of Manitoba Programs & Services.

Day	Date	Time	Cost	Facilitator
MON	Apr 8	10 – 11:00 a.m.	FREE	Alzheimer's Society

Fall Prevention Clinic

Take action to prevent falls. Visit five stations where various healthcare professionals will screen your general health, balance, strength, medications and nutrition. Participants will be given individual recommendations and resources to help reduce their risk of falling.

Day	Date	Time	Cost	Facilitator
TUE	Apr 16	9:30 a.m. – 12:30 p.m.	FREE	My Health Team, Seven Oaks/Inkster

Diabetes Series *(Attendance in both classes is required)*

You'll learn to live well with diabetes, healthy eating, physical activity, goal setting and preparing for success.

Day	Date	Time	Cost	Facilitator
TUE	Apr 30 & May 7	1:30 – 3:45 p.m.	FREE	My Health Team, Seven Oaks/Inkster

Healthy Gut

A healthy gut is important for good digestion and can affect your overall health. The type of food, when, and how we eat can make a huge difference in how healthy our gut and body can be. Join this session to learn about the basics of what to eat and drink to fuel a healthy gut, as well as tips and tricks to manage common gut ailments.

Day	Date	Time	Cost	Facilitator
WED	Apr 17	7-8:00 p.m.	FREE	Hao-Yi Sim, RD, Wellness Institute

Exercise, Diet, Drugs – What's the Solution for Sustainable Weight Loss?

Are you feeling defeated by repeated unsuccessful weight loss attempts? Meet with our Weight Loss Clinic program director and coordinator to learn about clinically validated, best-practice approaches to sustainable weight loss and risk reduction.

Day	Date	Time	Cost	Facilitator
THU	May 2	6:30 – 7:30 p.m.	FREE	Weight Loss & Risk Reduction Director & Coordinator

Minds in Motion®

In partnership with the Alzheimer's Society of Manitoba, this 8-week-long program is for people with early to moderate signs of dementia. It includes a chair fitness class followed by engaging activities and conversations. Participants must attend with a caregiver.

Day	Date	Time	Cost	Facilitator
WED	Apr 10 – May 29	1:30 – 3:30 p.m.	\$65/pair	Alzheimer's Society of Manitoba

Commit to Be Fit

Whether you're starting anew or a seasoned member in need of renewed motivation, Commit to Be Fit empowers you to unlock your full potential and embrace a healthier, more fulfilling lifestyle. Learn strategies to set realistic goals, overcome barriers, and stay committed to your fitness regimen.

Day	Date	Time	Cost	Facilitator
TUE	Apr 9	10:30 – 11:30 a.m.	FREE	Wellness Consultants
FRI	May 3	1:15 – 2:15 p.m.	FREE	Wellness Consultants
TUE	May 14	6:45 – 7:45 p.m.	FREE	Wellness Consultants



NeuroFit

This exercise program is for individuals with neurological conditions such as Parkinson's, stroke, MS, etc. Exercise promotes improved mobility, cognitive function and overall well-being, enhancing quality of life and functional independence. This program starts with an individualized physiotherapist assessment and an 8-week twice-a-week exercise program delivered by a kinesiologist.

Classes are on Mondays and Wednesdays from 3:00 – 4:00 p.m., with continuous intake.

Physio assessment: \$93; plus 8-week session: \$165. Total cost: \$258.

To register for the physio online assessment, [Book Now](#) or call 204-632-3910. Following the assessment, program start dates will be provided.

Good Life with Arthritis (GLA: D®)

The GLA:D Program for hip and knee osteoarthritis includes education and neuromuscular exercise programs conducted twice a week for seven weeks. Participants will learn how to control movement and proper posture, build muscular strength through functional exercises, and apply these exercises to everyday life.

Classes are Tuesdays and Thursdays from 3:00 - 4:00 p.m. with continuous intake.

Physio assessment: \$93; plus 7-week session: \$270. Total cost: \$363.

To register for the physio online assessment, [Book Now](#) or call 204-632-3910.

Joint Replacement Post-Surgical Exercise Program

Have you had a recent hip or knee replacement? This class is for people recovering post-surgery, who often have unique requirements and require adapted programs, treatment, or even direct supervision during exercise. A post-surgical exercise program led by a physiotherapist will increase the range of motion and improve strength and mobility in daily living.

Classes are Mondays and Wednesdays from 2:45 – 3:45 p.m. with continuous intake.

To register for the physio online assessment, [Book Now](#) or call 204-632-3910.

Total Brain Health®

This four-week program is a social-based, hands-on brain training program for anyone wanting to engage their mind and build better brain health, regardless of age or ability.

FREE. For more information about class times and to register, call 204-632-3922 or email dziemanski@sogh.mb.ca

Memory and Aging Program®

This four-week psycho-educational memory intervention program is aimed at older adults experiencing regular age-related memory changes.

FREE. For more information about class times and to register, call 204-632-3922 or email dziemanski@sogh.mb.ca

Get Better Together

Take control of your health with this 6-week-long workshop designed to help you with ongoing health conditions and led by others living with health issues who understand the challenges of managing symptoms, medications and health care needs. This program is suitable for many conditions, including arthritis, asthma, cancer, anxiety, weight issues, heart disease, chronic back pain and many other illnesses. Build your confidence to manage better through group support and discussing healthy eating, physical activity, communication, pain management, etc. Feel free to bring a friend, family member or other support to the sessions.

FREE. For more information about class times and to register, call 204-632-3922 or email dziemanski@sogh.mb.ca

Powerful Tools for Caregivers®

This 6-week program provides caregivers with tools and techniques to manage their health while caring for their loved ones. Caregivers can be those caring for an adult, such as a relative or friend, or a child with special needs.

FREE. For more information about class times and to register, call 204-632-3922 or email dziemanski@sogh.mb.ca

Yoga and Cancer program

An 8-week program for patients undergoing cancer treatment or who have completed treatment within the last year. Learn how to calm your mind, release tension from the body, breathe and do gentle stretching and relaxation — provided in partnership with CancerCare Manitoba.

For more information and to register, call: Patient & Family Support Services at CancerCare: 204-787-2109

Generous funding support provided by the CancerCare Manitoba Foundation



Older Adult Programs

Social wellness impacts your mental and physical health and is vital to overall health. These programs are designed to help you socialize, engage with others, and meet new people!

Tabletop Games

This day is for you if you enjoy playing or learning new games such as Chess, Backgammon, Cribbage, Uno, Scrabble, etc. Join in on a fun social afternoon of playing different tabletop games.

Day	Date	Time	Cost	Facilitator
MON	Apr. 1 – May 27	1:30 – 3:30 p.m.	FREE	Older Adult Volunteer

Stitches

This time is dedicated to crafty people to work on their knitting, crocheting, quilting, cross stitching, etc. projects while visiting and learning from others. Bring your supplies, and all levels are welcome.

Day	Date	Time	Cost	Facilitator
THU	Apr. 4 – May 30	9:30 – 11:30 a.m.	FREE	Older Adult Volunteer

Urban Poling

Learn how to use Nordic Poles properly. You'll enhance your walking through this full-body workout — an effective way to improve cardiovascular fitness, muscular strength and overall health. Be prepared to head outside, weather permitting. We'll meet in the classroom first. Poles will be provided.

Day	Date	Time	Cost	Facilitator
WED	May 15	10:00 – 11:30 a.m.	FREE	Active Aging in Manitoba (A.A.I.M.)

Unsyncable – Tell Tale Productions Inc. – Documentary Screening

Hosted by Active Aging in Manitoba and The Wellness Institute, join us for the screening of Unsyncable!

Unsyncable follows six senior artistic swimmers (aged 63 – 82) preparing for the U.S. Masters Artistic Swimming Championships (formerly synchronized swimming). One is going for gold, another knows she'll come last, and others are going for community and the love of their team. They will all push physical, emotional and societal boundaries to get there. Collectively, they have lost partners, suffered injuries and contended with ageist assumptions about what they can do. But through it all, they keep swimming and do it with a smile. These athletes are a testament to perseverance, the resilience of the human spirit, and our endless capacity for growth at any age.

After the documentary, a brief discussion will be led by our moderator, Elizabeth Ready, PhD.

Watch the trailer: [Unsyncable the documentary film \(unsyncablefilm.com\)](https://www.unsyncablefilm.com)

Day	Date	Time	Cost	Facilitator
TUE	Apr 23	10:00 – 11:30 a.m.	FREE	Elizabeth Ready, PhD.

Pre-School, Kids & Youth

Wee Swim (6 months - 2.5 years)

This 8-week parent-and-child program allows our little ones to explore and play with others. Enjoy swimming in our warm water pool, with a focus on movement, fun, and gaining comfort in the water.

Day	Date	Time	Cost	Facilitator
THU	Apr 4 – May 23	4:50 – 5:20 p.m.	\$80	TBA
THU	Apr 4 – May 23	5:30 – 6:00 p.m.	\$80	TBA
SAT	Apr 6 – May 25	11:00 a.m. – 11:30 p.m.	\$80	TBA
SAT	Apr 6 – May 25	11:40 a.m. – 12:10 p.m.	\$80	TBA
SUN	Apr 7 – May 26	11:00 a.m. – 11:30 p.m.	\$80	TBA
SUN	Apr 7 – May 26	11:40 a.m. – 12:10 p.m.	\$80	TBA

Gym & Swim (2-3 years and 4-5 years)

This 8-week semi-structured program is an hour of fun for you and your child, starting with gym activities and finishing with swimming in our warm water pool.

Day	Date	Time	Cost	Facilitator
FRI	Apr 5 – May 24	5:30 – 6:30 p.m.	\$96	TBA
FRI	Apr 5 – May 24	6:45 – 7:45 p.m.	\$96	TBA

Mighty Movers (2.5-4 years)

This fun, interactive 8-week-long kinder gym-style program encourages the development of gross motor skills such as jumping, hopping, climbing, throwing, running, balancing, and dancing.

Day	Date	Time	Cost	Facilitator
SAT	Apr 6 – May 25	9:45 – 10:25 a.m.	\$75	Nikki Bergen

Tiny Hoppers Dance (3-5 years)

Work on motor development and beginning dance steps through interactive songs and games while encouraging listening and following directions. Children will develop confidence in dancing with their instructor and classmates.

Day	Date	Time	Cost	Facilitator
MON	Apr 8 – June 3 (no class May 20)	5 – 5:45 p.m.	\$80	Hannah Arras

Let's Dance Kids (6-8 years)

This introductory dance class begins with fundamental movements based on ballet/jazz/hip-hop techniques while working on rhythm and coordination in an interactive environment.

Day	Date	Time	Cost	Facilitator
MON	Apr 8 - June 3 (no class May 20)	5:45 – 6:45 p.m.	\$80	Hannah Arras

Let's Dance Tweens (9+ years)

This introductory dance begins with fundamental movements based on ballet, jazz, and hip-hop techniques while working on rhythm and coordination in an interactive environment.

Day	Date	Time	Cost	Facilitator
MON	Apr – June 3 (no class May 20)	6:45-7:45 p.m.	\$80	Hannah Arras

This Girl Can (girls 8-15 years)

Designed to empower tweens and teen girls to move their bodies in a safe and non-threatening environment while connecting with their peers. Participants will learn proper form and technique to unlock their greatest potential and physical fitness. Each class will focus on resistance, cardiovascular conditioning, core, mobility and flexibility training.

Day	Date	Time	Cost	Facilitator
THU	Apr 4 – May 23	7 – 8:00 p.m.	\$120	Danielle Patrick



A 6-month evidence-based lifestyle intervention weight loss program with physician oversight, medication intervention* and one-on-one support, including a Clinical Exercise Physiologist, Registered Dietitian, and a Cognitive Behavioural Therapist. Designed to help individuals lose weight and address their underlying associated health conditions or prevent them from developing. This includes people with type 2 diabetes or other health conditions associated with overweight or obesity. The Weight Loss Clinic is delivered through a digital platform and appointments can be completed in-person or virtually.

For more information, visit our webpage: [Wellness Institute Weight Loss Clinic](#) or call 204 -632-3910.

*eligibility based upon physician assessment



Register for the FREE session (see page 6):
Exercise, Diet, Drugs - What's the Solution for Sustainable Weight Loss?

Nutrition Services

Our registered dietitians provide medical nutrition therapy that promotes healthy eating and well-being and helps individuals manage various health conditions. Nutrition counselling is provided for:

- Diabetes and pre-diabetes
- Health disease
- High blood pressure and/or high cholesterol
- Cancer
- Osteoporosis
- Digestive issues
- Geriatric nutrition
- Sports and high-performance nutrition

Nutrition counselling may be partially covered by health insurance.

[Book Here](#) for an appointment or call 204-632-3910.

Foot Care

It is recommended for those with diabetes, circulation concerns, disabilities and anyone with difficulty caring for their feet. Treatments include:

- Professional care of nails, corns and callouses
- Assessment of foot health circulation - sensation, swelling, and foot mobility
- Assessment of risk of foot ulcers

Foot care may be partially covered by health insurance.

[Book Here](#) for an appointment or call 204-632-3910.





Create your lasting legacy at Seven Oaks General Hospital

Whether you are a former patient or your loved one received care from our hospital, a donor-advised fund gives you the unique opportunity to leave a legacy gift that will change lives.

With a donor-advised fund, you and your family have an easy, cost-effective way to support the innovative care, research and wellness activities of Seven Oaks. Donor-advised funds feature the following benefits:

- Easy setup, with none of the administrative responsibilities or costs usually associated with creating and maintaining a private foundation (i.e., legal, accounting)
- The opportunity to name the foundation account
- Access to various investment funds, which have the ability to grow tax-free
- The ability to donate non-cash assets such as stocks, mutual funds, and life insurance policies

- Granting flexibility each year, or the option to set a fixed grant amount
- An immediate charitable tax receipt for the entire gift made
- The option to designate a successor who will manage the annual grants after death

Establishing your own fund is a simple and elegant way to extend giving beyond your lifetime and make a powerful impact on the health of our patients and community.

For more information on donor-advised funds, speak with your financial advisor or call Trevor Krahn, the Executive Director at the Seven Oaks General Hospital Foundation, at **204-632-3316**.