

## “Minding Our Health” Series

**FREE** interactive health sessions open to anyone desiring basic knowledge and resources about the topics below.

Topic	Dates
<p><b>Anxiety &amp; Depression</b> Find out more about two of the most common mental health issues. Hear personal stories and learn about signs and symptoms and where to find help. <i>Special guests from both Anxiety and Mood Disorders Associations of MB</i></p>	<p>Wednesday, October 7 7:00–8:30 pm</p>
<p><b>Meal Planning for the Busy</b> Is fast food easier for you than cooking at home? This session will give you great tips from a dietician to help you eat at home without stressing out! <i>Special guest: Community Dietician</i></p>	<p>Wednesday, October 21 7:00-8:30 pm</p>
<p><b>Self Harm Behaviours</b> Does someone you care about cut or otherwise harm themselves? Gain an understanding of this behaviour and learn about resources for help. <i>Special guest from the Child and Adolescent Community Mental Health Program</i></p>	<p>Wednesday, November 4 7:00–8:30 pm</p>
<p><b>Osteoporosis</b> What is it? What causes it? And how can it be prevented or treated? <i>Special guest from the Osteoporosis Society of Canada</i></p>	<p>Wednesday, November 18 7:00–8:30 pm</p>
<p><b>Dealing with Loss &amp; Grief</b> As we enter the Christmas season, many of us will be confronted with feelings of loss &amp; grief in spite of the festivities. Come join us for a safe place to talk and find some healthy ways to cope. <i>Special guest from the Community Palliative Care Program</i></p>	<p>Wednesday, December 2 7:00–8:30 pm</p>
<p><b>Stress</b> Who doesn't get stressed? Learn some practical tips for managing the stress in your life. <i>Special guests from Community Mental Health and Health Promotion Programs</i></p>	<p>Wednesday, December 16 7:00–8:30 pm</p>

**Location - North Board Room - 365 Reimer Ave., Steinbach, MB**

For more information or to RSVP your attendance prior to the session (space is limited!), please call 346-7034.

*Keep your eyes posted for other upcoming sessions in towns throughout the southeast.*

## Série « La santé, c'est notre affaire »

Séances interactives offertes **GRATUITEMENT** à toute personne souhaitant obtenir des connaissances de base et des ressources sur les sujets énumérés ci-dessous.

**\*\* Les sessions seront offertes en anglais. \*\***  
**Certaines ressources seront disponibles en français.**

- Anxiété et dépression
- Comportements d'automutilation
- Composer avec la perte et le deuil
- Planification de repas pour les personnes très occupées
- Ostéoporose
- Le stress

Pour vous renseigner ou pour confirmer votre participation, veuillez téléphoner au 346-7034. (les places sont limitées)

*Restez à l'affût des autres séances qui seront offertes dans les différents villages de la région du Sud-Est du Manitoba.*