



# OPEN PROGRAMS

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

## Best Weight



Learn how to become health-focused and get practical strategies on nutrition, activity levels and other health behaviours.



## Dream On: CBT (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



Review the physical and psychological aspects of nicotine addiction, strategies to help you quit, and medication options that can set you up for success.



## Steady & Strong: A Falls Prevention Group



Learn how to prevent falls in your home and community so that you can live in the place of your choice 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)

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