



PROGRAMS

The Thames Valley Family Health Team offers the following free 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

Discover how to get your sleep back through a non-medication approach.



Heart Health

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



Introduction to Mindfulness

Discover mindfulness and its benefits for health and wellness. Learn practical ways to incorporate mindfulness into your life.



Intuitive Eating

Learn to trust your body to make food choices that feel good for you, without judgement or influence from diet culture.



Leave the Pack Behind: Tools to Quit Smoking

Learn about the physical and psychological aspects of nicotine addiction, tactics to help you quit, and medications that can set you up for success.



Living Mindfully

Learn to incorporate mindfulness practices that help you develop calmness and reduce your body's reaction to stress.



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