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Please note these upcoming Health and Wellness opportunities offered by the Saskatoon Community Clinic!

Looking for Change? Become a Healthier YOU!

Looking to reboot your eating and activity choices this New Year? Confused about diet plans and exercise crazes? Want to get back to the basics of healthy living?

If so, please join the Community Clinic for one of our upcoming information sessions at the Mel Langer Building (424 1st Ave N). Drop-in sessions are free and there is no registration required. All members and clients are welcome to attend!! You may choose from one of the following dates:

- January 28, 2016 from 2 - 4 p.m.
- February 26, 2016 from 2 - 4 p.m.
- March 22, 2016 from 2 - 4 p.m.

Questions? Please contact our Dietitians @ 306-664-4222 or cadams@communityclinic.ca

Change Your Brain, Improve Your Health

Join us for a free education session for Clinic patients and members. Understand the new 'Brain Science' in simple terms that relate to our daily lives and explore basic skills that help us change our brain and impact our health. Participants will:

- Explore simple movement practices that grow awareness of body, breath, thoughts, emotions and why this matters.
- Build the ability to focus on the present through mindfulness practices and how these impact our lives.
- Explore gratitude and self-compassion practices and what they can bring to our daily life.

Facilitated by Nayyar Javed (Psychologist) and Brenda Goossen (Occupational Therapist). Session will be held on February 10th, 2016 at the Canadian Red Cross (443 2nd Ave N.) from 4 - 6 p.m. Please register by calling (306) 664-4283. Space is limited, so be sure to register early.

Seniors of Tomorrow Education Series

The next Seniors of Tomorrow Education Program will take place on February 17th, and centers on understanding the physical and psychological effects of aging.

All programs are held from 2-4 pm in the Langer Building (424 1st Ave. N). Saskatoon Community Clinic Members and Patients are welcome. For more information please see the attached [poster](#).

Missed the Drop-in Flu Clinic?

The Saskatoon Community Clinic continues to offer flu vaccine. From October 30, 2015 and

onward to March 25, 2016, all patients of the Clinic or those who have an appointment and require immunization, will be accommodated on a daily basis.

In order to receive free flu vaccine at the Saskatoon Community Clinic, you must meet the following criteria:

- Current patient of a Community Clinic physician.
- 6 months of age or older.

Please Note: FluMist is recommended for ages 2 yrs - 17 yrs and is ONLY available at a Public Health Clinic or Office.

No appointment is required, just drop in.

LiveWell with Chronic Pain

Saskatoon Community Clinic is offering LiveWell with Chronic Pain from February 29 – April 11, 2016 from 1 to 3:30 p.m. The sessions are for caregivers and people experiencing chronic pain. The sessions involve group interaction and education in self-management skills. The workshop group meets for 2 1/2 hours once every week for 6 weeks. Cost is free. Pre-registration is required as space is limited. The workshop is also available at other locations in Saskatoon. Please see the attached [poster](#) for more information. Contact Trudy Myers, Therapies Department, Community Clinic at (306) 664-4269.

Help us Grow a Healthy Community

Thank you for your support of the Saskatoon Community Clinic Foundation. Your gift – large or small – ensures that you, your family and others continue to reap the benefits of innovative, patient-centred primary health care delivery at the Saskatoon Community Clinic. Governments assist with basic operational costs, but improvements and new initiatives often depend on your generosity. Invest in the future of your health care co-operative. Donate in person next time you visit the Clinic, by mail or on-line at www.CanadaHelps.org

Thank you for your on-going support of the Saskatoon Community Clinic!