

Bariatric Resources in the Calgary Zone

PRIMARY CARE NETWORKS

MOSAIC PCN

Please see PCN website for schedules and updates: <http://www.mosaicpcn.ca/Pages/default.aspx>

ACTIVE ADULTS PROGRAM

The kinesiologists offer a variety of activity/exercise programs.

North East Centre of Community Society (Genesis Centre) physical activity services (indoor track walking, urban polling, basketball, badminton, table tennis, etc) are available to adults over 30 years of age from 9am-12pm Monday - Friday.

Max Bell Centre, physical activity services (walking around the track and weekly exercise class including strengthening, balance and stretching) are available Monday – Friday 1:30-4:00pm.

Marlborough Mall, a walking program is offered Monday – Friday 8:00am-10:00am. Information can be found here: <http://mosaicpcn.ca/Programs/Pages/Active-Adults-Program.aspx> or call 403-250-5059.

WEIGHT MANAGEMENT AND HEALTHY EATING WORKSHOPS

Tips and Tricks for Weight Management - provides tips about reducing calories and understanding food choices, *Nutrition 101* – learn the basics of healthy eating (i.e., portion and serving sizes, balanced meals, etc.)

Label Reading – learn to read labels. Free of charge and led by RDs and nurses.

<http://mosaicpcn.ca/Programs/Pages/Weight-Management-topic.aspx> or call 403-276-1555.

SOUTH CALGARY PCN

For updated information on workshop schedules, etc, please see the SCPN website:

<https://www.scpn.ca/workshops>

CRAVING CHANGE

The first goal of the Craving Change program is to help you understand ‘why’ you eat the way you do. This is a very important step for changing your eating. The program helps you discover the situations, thoughts and emotions that affect your food choices. This is called a cognitive-behavioral approach. You will then learn how to deal with your specific eating struggles by changing your thoughts and/or behaviors

CRAVING CHANGE DROP-IN

Not able to commit to the Craving Change 6 week workshop series right now?

The Craving Change Drop-In sessions are open to anyone interested in learning more about how situations, thoughts and emotions affect our food choices. These sessions will introduce the skills and tools you can use in your daily life to help manage emotional eating. Each session will focus on one specific topic from the Craving Change 6 week workshop series.

HEALTHY EATING

Are you looking to learn more about nutrition and healthy eating for yourself or your family? Do you find yourself relying on google or other social media sources for nutrition information? If you have questions on the latest nutrition trends and want the facts without marketing spins, this is the class for you!

LABEL READING & MENU PLANNING

Are you looking to improve your eating behaviors and food choices, but feel overwhelmed or stuck in old habits? Do you feel confused or frustrated while grocery shopping, not knowing what is healthy or unhealthy anymore? We have developed a workshop specifically for label reading and menu planning, which are two foundational topics to help you plan with ease, shop with confidence and enjoy healthier eating.

WALK AND TALK GROUP (2019)

Our Walk and Talk Group is a welcoming and safe program for individuals looking to increase their physical activity. The group walks year-round at Lake Bonavista Promenade. We walk indoors when there is inclement weather

NUTRITION COUNSELLING AND EDUCATION

RDs provide 1:1 and group counselling on a variety of issues including weight management and meal planning. Physician referral needed. For more information call 403-668-8600.

CALGARY RURAL PCN

<http://www.crpcn.ca/classes/>

CRAVING CHANGE

This class focuses on WHY you eat what you do. As you become more aware of your personal eating triggers, you will be able to control your food cravings and change your problematic eating behaviors. This is a cognitive-behavioral approach that encourages you to consider how your thoughts, emotions and behaviors all interact. This class is a once-per-week, 4-week series.

GROCERY TOURS

Enjoy your roast beast this holiday season - but let our dietitian help you with healthy options too! Join her on a grocery store tour and learn some great holiday eating tips, and pick up some free holiday recipes.

LEARN TO MOVE

Is a gentle exercise program with an education component, designed specifically for people with chronic health conditions or physical limitations who are new to exercise and not sure where to start. Participants learn how exercise and having an active lifestyle can help improve health and quality of life. The class will incorporate a gentle warm-up, cardiovascular, strength, balance and flexibility exercises. All participants will receive individualized guidance based on their health conditions and physical abilities. By the end of the four weeks, participants will have developed a plan to continue on with an active lifestyle after program completion. The program runs on the following days and times for 4 weeks. The walking programs are non-structured. The goal is for participants to come and walk for the length of time that works for them. No registration is required.

MINDFUL EATING

This workshop is designed to help you build awareness about the emotional aspect to eating. This is an introductory-level class that will help you understand why you're eating, even when you're not hungry. Topics: understand what influences your food choices; explore why you eat; build awareness about your relationship with food; learn how to develop strategies to make healthy choices.

CALGARY FOOTHILLS PCN

WALKING PROGRAM

Open to anyone. Walk in the North Hill Mall during the winter and Confederation Park during the summer. Cochrane participants walk outdoors all year round. Walk is peer-led. Registration is through the PCN or at the park or mall where the walks are held. A variety of other activities such as yoga, Tai Chi, and field trips to Calgary parks are also run through this program. For the Calgary walk call 403-284-3726 ext: 206 or email populationhealthprograms@cfpcn.ca . For Cochrane walk call 403-851-2534. http://www.cfpcn.ca/?page_id=804

CRAVING CHANGE

6 classes aimed at helping individuals understand the relationship between thoughts, emotions, and behaviours related to food, and learn skills to make better food choices. Call 403-284-3726 ext: 206 to register.

ASK A DIETITIAN

A group appointment for patients with general nutrition questions. Patients may be referred or self-refer into the program. Questions regarding weight management are the most common reason for attending these group sessions. http://www.cfpcn.ca/?page_id=794

HIGHLAND PCN

See PCN website for updates and workshop schedules: <http://yourhpcn.com/>

CROSS IRON MILLS WALKING PROGRAM

Free program for safe, indoor walking. Program is held daily but only kinesiologist led on Tuesday's from 8:00-9:30am.

THE HEALTH IMPROVEMNET PROGRAM

The Health Improvement Program (HIP) is designed to guide patients who are ready to improve their quality of life. With the support of qualified healthcare professionals, patients can learn about the importance of sleep, stress management, mental wellness, self-acceptance, goal setting, fueling the body and enjoyable movement. HPCN and community resources will be shared to support patients in their lifestyle change.

BOW VALLEY PCN

<http://www.bowvalleypcn.ca/Pages/default.aspx>

WALKING PROGRAM

Held at various locations. Schedule varies throughout the year. Registration required (call 403-675-3000 or email info@bowvalleypcn.ca).

NUTRITION ESSENTIALS

An interactive session focused on understanding the balance & timing of food intake, practicing label reading, & food facts / fiction

CRAVING CHANGE

This class focuses on WHY you eat what you do. As you become more aware of your personal eating triggers, you will be able to control your food cravings and change your problematic eating behaviors. This is a cognitive-behavioral approach that encourages you to consider how your thoughts, emotions and behaviors all interact. This class is a once-per-week, 4-week series

ACTIVE LIVING EXERCISE PROGRAM

Implemented for patients who are at risk for, or already have, a stable or low risk cardiac condition. This program, located at the Canmore hospital and Fenlands Banff Recreation Centre, includes 1:1 consultation based on

physician referral, small group seminars, and 8- and 12-week exercise programs (offered 4 d/wk for 3 hrs/session). The 8-wk program is self-monitored and for those with a stable chronic health condition or those at risk whereas the 12-wk program is closely monitored and for those at higher risk (but still ambulatory). An Exercise Specialist co-ordinates the programs for each participant and is accompanied by an RN at the supervised exercise sessions. CDM nurses and a pharmacist are also involved. <http://bowvalleypcn.ca/Programs/Pages/Active-Living.aspx>

For Primary Care Network resources please check the website for updates on programs and services

ALBERTA HEALTHY LIVING PROGRAM (AHLP; formerly *Living Well with a Chronic Condition*)

A support program for individuals with any chronic condition. The program has 3 components: 1) supervised exercise, 2) education classes, and 3) self-management workshop. Patients can self-refer or be referred by any health professional to the education classes and self-management workshops. If patients are <18 years old and self-refer, they can provide AHLP with information regarding age and when they will turn 18 so that AHLP can take the steps to start to get them into the program.

www.ahs.ca/ahlp select the Calgary zone tab and click the link for online registration or call 403-943-2584 (English), 403-955-6856 (Punjabi and Hindi), 403-955-6857 (Cantonese and Mandarin)

EATING WELL FOR GOOD HEALTH

This 3 hour class covers healthy eating, how to read food labels and how fat, fibre and sodium are part of healthy eating.

GET ACTIVE STAY ACTIVE

This is for adults who are not currently physically active and want to learn how to include physical activity into their lives. This class does not include any participation in physical activity or an exercise plan.

MANAGING EMOTIONAL EATING

These three 2.5 hour classes will cover: what influence your food choices, what can you do to build awareness of your emotional eating, building skills and tools to help manage emotional eating

EATING AWAY FROM HOME DURING SPECIAL OCCASIONS

This 2.5 hour class will cover: How buffets, parties, vacation and holiday eating can affect how much you eat, strategies to reduce overeating

I KNOW I SHOULD EAT HEALTHY, BUT HOW?

This 2.5 hour class will cover tips on how to put nutrition knowledge into practice, the 4 P's: Plan, Purchase, Prepare and Pack

THE TOP FIVE TIPS TO REDUCE CALORIES

This 2.5 hour class will cover strategies to help prevent eating too many calories

THE TRUTH ABOUT WHAT WORKS IN WEIGHT MANAGEMENT

This 2.5 hour class will cover: Evaluating what you are eating, how meal patterns, food choices, and portion sizes affect how much we eat.

CALGARY ADULT BARIATRIC SURGERY CLINIC

Offers group lifestyle classes, individualized nutrition and lifestyle counselling, psychological counselling, and bariatric surgery (laparoscopic gastric banding and sleeve) **to individuals interested in bariatric surgery only**. As of October 1, 2016 medical management is not offered to patients. Patients will be followed for 1 year post-surgery and then discharged back to their primary care physician or nurse practitioner. Team includes a program co-ordinator, RD, RN, psychologist, social worker, family physician, internal medicine and surgeon. Services are primarily provided at the Richmond Road Treatment and Diagnostic Centre (1820 Richmond Road SW, Calgary, AB T2T 5C7) however, nutrition weight management classes are now offered through the Alberta Healthy Living Program at locations in the Calgary community. Some education and resources are also available online (<http://www.calgarybariatric.ca/additional-resources.html>). Entry criteria include: age 18-65 yrs, permanent residence within the Calgary Zone, BMI >35 plus 1 or more obesity-related co-morbidities or BMI>40, no known major psychoses, uncontrollable psychological disorders.

Referral form: <https://albertareferraldirectory.ca/SetUpController> . Note that the referral form has been updated and requires specific screening tools (as appropriate) to be completed. For further information: <http://www.calgarybariatric.ca/>. Clinic number: 403-955-8118

PHYSICIAN SPECIALTY

<https://locator-obesitycanada.ca/#!/categories/certified-obesity-management-healthcare-professionals/map>

Akshay Jain, MD
LMC Diabetes & Endocrinology
Unit 102, 5940 Macleod Trail SW
Calgary, Alberta T2H2G4
403-288-3224

Best Weight Evolution - Healthcare Evolution
<https://healthcareevolve.ca/>
#11, 600 Crowfoot Crescent NW
Calgary, Alberta T3G0B4
403-993-6678

Dr. Lesley Coulter
#184, 1402 – 8 Avenue NW
Calgary, AB T2N1B9

Mohamed Elmusharaf, MD
#103, 6490 Old Banff Coach Road SW
Calgary, Alberta T3H5R8
403-930-5800

South Calgary Medical Clinic
#118, 40 Sunpark Plaza SE
Calgary, Alberta T2X1P1
403-254-4000

Sue Pedersen, MD
C-ENDO Endocrinology Centre
Suite 240, 1016 – 68 Avenue SW
Calgary, Alberta T2V 4J2
403-705-3636
<https://drsue.ca/>

Peter Rye, MD; Leanne Reimche, MD; Dr. Andreea Ionescu, MD
Internal Medicine Wellness
Suite 1410 10655 Southport Road SW
Calgary, AB T2W 4Y1
587-393-8482
<https://imwellness.ca>

Marsha Kucera, MD
Calgary Metabolic Recovery Clinic Within Care and Cure Medical Clinic
Unit 225, 3545 32 Ave NE
Calgary, AB T1Y 6M6
403-453-5003
info@careandcuremedical.ca

Catherine McKenna, MD
Nutrition & Weight Management
4640 17 Ave NW
Calgary, AB T3B 0P3, Canada
Phone: (403) 247-8808

Shahabina Walji, MD
Calgary Weight Management Centre <https://www.cwmc.ca/>
Bridgeland Professional Centre
206a, 1010 – 1 Avenue NE
Calgary, AB T2E7W7
403-272-2962

Sonja Wicklum, MD
Sheldon Chumir 1213 4 Street SW
Family Medicine Teaching Clinic
Calgary, Alberta T2R 0X7
403-955-9300

PRIVATE

Weight Watchers <https://www.weightwatchers.com/ca/en>

Jenny Craig <https://www.jennycraig.com/>

Tops Club <https://www.tops.org/tops/tops/canada/home.aspx>

Simply for Life <https://simplyforlife.com/en/>

LivLean Wellness and Weight Loss <https://livlean.ca/>

This list is not inclusive of all services available in Calgary and area and for the most current information on programs and locations please refer to the links provided