

# COMMUNITY CONNECT



## Monthly Events

**-MEN'S NIGHT** Tuesdays 7pm  
@ Rycroft Community Hall  
Open to All Men  
Contact Vern 780-834-7829 or  
Tom 780-933-6775

**-DUNVEGAN TOASTMASTERS  
CLUB** Wednesdays on Zoom  
6:30 pm to 8 pm Contact Car-  
olyn at 780-864-5657

**-FCSS ROUND TRIP BUS** to  
Grande Prairie, Sexsmith or  
Clairmont on Tuesdays,  
Wednesdays & Thursdays  
Leaves 8:30-9:00 am, returns by  
5:00 pm - \$25.00 per trip Call  
780-864-3500 to book or for  
more information

## Moving Toward A Heart-Healthy Life

Did you know that February is Heart Month? If you are trying to move toward a heart-healthy lifestyle, your journey begins in the kitchen – and by being active. Eating heart-healthy food can help lower your risk of heart disease. So can regular exercise. Here are some suggestions:

Choose higher-fibre foods, which include:

- Whole-grain foods such as breads, hot or cold cereals, crackers. Just look for “whole grain” in the ingredient list on food packages
- Whole grains such as barley, millet, quinoa, bulgur and oats.
- Dried cooked beans, peas and lentils. Use these instead of meat at some of your meals.
- Vegetables and fruits. Choose vegetables and fruits at every meal and snack.

Choose healthy fats.

- Every day, include a small amount (2 to 3 Tbsp or 30 to 45 mL) of olive oil, canola oil, peanut oil, sunflower oil or soft non-hydrogenated margarines made from these oils.
- Eat fatty fish at least two times a week.
- Choose up to 1/3 cup (60 mL) of nuts as a snack, or add to a salad.
- Add ground flax, chia or hemp seeds to yogurt, hot cereals, salads or baked goods such as bread or muffins.

Be active every day. Activity helps to lower your risk for heart disease and other diseases. It may help lower your LDL cholesterol and triglycerides, and may help increase your HDL cholesterol. Activity also makes you stronger and gives you a better quality of life.

- Be active for at least 30 minutes, five to seven days a week.
- Start with a few minutes per day, and build up to 30 minutes.
- Aim for at least 150 minutes (2 ½ hours) a week of activities that make your heart beat faster, such as brisk walking, swimming, bike riding, sports or running. You should breathe faster but still be able to talk.
- On at least two days a week, do activities to strengthen muscle and bone such as:

o Heavy hard work, Lifting weights, Yoga

If you haven't been active for a long time, talk to your doctor about your activity plans before you start

Content provided by: Alberta Health Services, [myhealth.alberta.ca](http://myhealth.alberta.ca)

## GLOW WALK



FEBRUARY 9, 2022

6:00-8:00 P.M.

MAIN ST – SPIRIT RIVER

Bring the family out for some winter fun!

Ice Bowling      Crafts  
Sledding Hill    Shots on net  
Business Scavenger Hunt

Free Snacks

ATB Financial – Hot Chocolate & Cookies

Town Office – Popcorn

The Hub – Cotton Candy



### Seniors' Centre Without Walls

A free, phone-based program that offers a variety of interactive health and well-being information sessions, recreational activities, and friendly conversations. The program provides opportunities to socialize, learn new skills, and stay connected from the comfort of your own home. New programs and topics are added regularly. Programs include games, exercise classes, meditation and mindfulness, nutrition, book clubs, coffee chats, and more.

Open to older adults aged 55+ living anywhere in Alberta who find it difficult to leave their homes and participate in social activities in their community. Free of charge—all you need is a phone to call the toll-free number.

To register, please call the Edmonton Southside Primary Care Network at [780-395-2626](tel:780-395-2626).

[Seniors' Centre Without Walls - Edmonton Southside Primary Care Network | Edmonton Southside Primary Care Network \(edmontonsouthsidepcn.ca\)](#)

### HEART AND STROKE EDUCATION—[www.healthylivingprogram.ca/heart-and-stroke-education](http://www.healthylivingprogram.ca/heart-and-stroke-education)

This class is for anyone with high blood pressure and/or cholesterol and would like to learn how to lower them.

Maintaining a healthy blood pressure and cholesterol level reduces your risk of heart disease, stroke, kidney failure and many other illnesses.

#### February/March Classes

Part 1: Wed Feb. 7 1:30pm - 4pm

Part 2: Wed Feb. 14 1:30pm - 4pm

Part 1: Tues Feb. 16 5:30pm - 8pm

Part 2: Tues Feb. 23 5:30pm - 8pm

Part 1: Thurs Feb. 17 9:30 am - noon

Part 2: Thurs Feb. 24 9:30 am - noon

Part 1: Wed Mar. 9 9:30 am - noon

Part 2: Wed Mar. 16 9:30 am - noon



**MARCH 8-9, 2022**  
**WORKING STRONGER**  
 ALBERTA'S VIRTUAL WORKPLACE MENTAL HEALTH CONFERENCE

Canadian Mental Health Association Alberta  
 Mental health for all

RURAL Mental Health Program

Register for the workplace conference at [workingstronger.cmha.ca/conference](http://workingstronger.cmha.ca/conference)

Heart attacks have been known to occur while shoveling heavy amounts of snow.

#### SIGNS TO LOOK OUT FOR:

Lightheadedness, dizziness, being short of breath, tightness or burning in chest, neck, arms or back

If you experience any of these warnings signs while shoveling, sit down and rest.

If the feeling continues for more than a few minutes call **911**.

This newsletter is a community project supported by the Central Peace Health & Wellness Coalition and the Town of Spirit River.

We welcome your ideas and submissions, please email by the 20th of the month to [cphawc2.connect@outlook.com](mailto:cphawc2.connect@outlook.com).

Visit [Central Peace Health And Wellness Coalition \(CPHAWC\)](#) Facebook page.

If you would like to receive the newsletter via email, please send an email to [cphawc1@outlook.com](mailto:cphawc1@outlook.com) requesting to be added to the list.