

Health Care

MS Society to hold special forum on Chronic Sorrow

The Multiple Sclerosis Society, Halton Regional Chapter presents a seminar on Chronic Sorrow on Wednesday, October 27, 7 p.m. at the Royal Canadian Legion, 127 Mill St., Georgetown.

"Chronic sorrow" is a normal emotional response to the real and

anticipated losses associated with an unpredictable chronic illness such as Multiple Sclerosis, Parkinson's Disease, etc.

Cathy-Lee Benbow, co-ordinator of the MS Clinic at the London Health Sciences Centre, will discuss the realities of chronic sorrow and provide strategies for managing it.

Cathy-Lee Benbow has practised clinical social work in a number of health care settings within hospitals and the community. She has a Master of Social Work degree from the University of Toronto and has presented at several patient education forums and health care conferences.

This presentation is free of charge and open to the public. The venue is wheelchair accessible. For more information or to reserve your spot call the MS Society, Halton Regional Chapter at 905-681-8770 or 1-800-211-8322. Space is limited. Please RSVP by Friday, October 22.

Pharmacy offers free flu clinics

Young's Pharmacy has free Flu Shot Clinics open from 9:30 a.m. to 8:30 p.m. on the following dates: Oct. 26, Nov. 2, Nov. 10, Nov. 18, Nov. 23 and Nov. 30.

Clinics are for those over three years of age.

Walk-in patients are welcome on non-clinic days when staff nurses are in.

For more information call Young's Pharmacy & Home-care, 47 Main St., 905-873-4021.

Wellspring offers emotional support for families of those living with cancer

Wellspring Halton-Peel has a number of regular drop-in programs that do not require pre-registration.

Wellspring is a network of centres that provide emotional and psychological support, at no charge, to individuals and families living with cancer. Wellspring Halton-Peel is located in Oak Park, just south of Highway 5 on Sixth Line in the Town of Oakville.

Ovarian Cancer Support Group meets on the second and fourth Tuesday of each month, 10:30 a.m. to 12 p.m.

Lymphoma Support Group meets the second and fourth Monday of each month, 7-8:30 p.m.

Caregiver Connection is a sup-

port group for the loved ones of a cancer patient that meets on the second and fourth Tuesday of each month, 7-8:30 p.m.

Graduate Patient Support Group is a support group for those recently off treatment for cancer. It meets on the second and fourth Thursday of each month, 7-8:30 p.m.

Relaxation and Visualization meets every Friday, 11 a.m. to 12:30 p.m. and Gentle Yoga is on every Tuesday, 1:30-3 p.m.

For more information or to register for these special presentations, call Wellspring Halton-Peel, 905-257-1988. More information is also available on the website, www.wellspring.ca

Employers beginning to realize the benefits of workplace health

With over 200,000 Halton residents spending more than one-half of their waking hours at work, many companies are beginning to realize the importance of workplace health. Work environments can be stressful, which affects the health of employees, families, communities and the health care system.

Work-life balance—the challenge many people experience when trying to balance the demands of work and home—has increasingly become an important component of workplace health.

Companies offering workplace health programs are making an investment in not only the health of their organization, but also in the health of their employees. Employees working for an organization that provides workplace health programs can experience benefits such as improved mental and physical health, increased job satisfaction, decreased risk of injury and/or illness, and increased ability to balance work and family responsibilities.

Workplace health programs promote a healthy workplace environment that allows employees to make healthier lifestyle choices. On-site physical activity opportunities, healthy food choices, and smoking cessation programs are a few examples of the many programs workplaces can provide for their employees.

Leading a healthy lifestyle at work can be easy. Here are a few things that can be easily incorporated into your workday to help improve and maintain your health:

- Walk to meet someone to discuss work rather than calling or e-mailing them
- Take the stairs instead of the elevator whenever possible
- Keep a supply of healthy snacks (dried fruit, nuts) at your desk to help reduce trips to the vending machine
- Replace your coffee break with a walking break
- Try to limit the amount of work you take home: if you do take work home, try to do it in a place and time separate from other family



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members
• Drink plenty of fluids throughout the day
The Halton Region Health Department has developed Working Well in Halton, a program which helps to improve the health of orga-

nizations, employees, and their families. Together with workplace decision makers, human resources, occupational health and safety, and wellness committees, the Health Department is helping organizations implement comprehensive workplace health programs.

Services are offered to workplaces—free of charge—include:

- Smoking cessation programs
- Stress and family balance workshops
- Resources on a variety of health-related topics, including hosting healthy meetings, family friendly workplace practices, and workplace stretching.

For more information on workplace health, call the Halton Region Health Department at 905-825-6000, Toll free 1-866-4HALTON (1-866-442-5866), TTY 905-827-9833. Visit our website at www.region.halton.on.ca/health.

Health Notes is prepared by staff of the Halton Region Health Department.

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