



About Us

The Healthy Living Program is a health promotion and chronic disease prevention and management program for adults living in Vancouver who have or who are at risk for developing chronic diseases.

We support communities to create opportunities and overcome barriers in order to improve health for all by promoting:

- Active Living
- Healthy Eating
- Wellness

Our programs target adults living with health disparities, and ethno-cultural and aboriginal groups. Services emphasize concepts of self-management, goal setting and action planning to help individuals make sustainable healthy lifestyle changes.

Our Interdisciplinary Team

- Registered Nurses
- Registered Dietitians
- Certified Exercise Physiologists



Register

Breathe Well, Live Well

Call Trout Lake Community Center at **604-257-6955**.

**Physicians referral required.*

Vancouver Community Diabetes Education Program

For Chinese programs, call SUCCESS at **604-684-1628**.

For Punjabi programs, call **604-267-4430**. Press 3.

All other programs, please call the *Healthy Living Program*.

Healthy Living Program

Contact Information

Tel: 604-267-4430

Fax: 604-267-3993

Email: healthylivingprogram@vch.ca

Web: www.vch.ca/healthylivingprogramvancouver

Healthy Living Program

Eat Healthy • Keep Active • Be Well



Vancouver Coastal Health
Promoting wellness. Ensuring care.

Health Promotion

Health Screening and Health Fairs

We offer health screening, education and counseling at health fairs and screening events around the community.

Health Education and Presentations

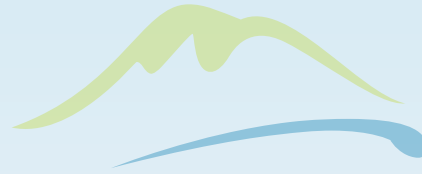
We provide group education sessions and presentations based on the programs key health strategies and/or group interests.



Chronic Disease Prevention

First Steps to Prevention

A FREE community-based program designed to support individuals who are at risk for developing chronic disease and promote healthy lifestyle changes. The program consists of 3 sessions and is also available in Chinese.



“Health Promotion is the process of enabling people to increase control over, and to improve, their health.”

Ottawa Charter of Health Promotion,
World Health Organization

Chronic Disease Management

Breathe Well, Live Well

A community pulmonary rehabilitation program for people living with Chronic Obstructive Pulmonary Disease (COPD) and other lung conditions. Consists of 10 sessions and covers education, self-management skills and supervised exercise.

Physician’s referral is required.

**Leisure Access Card or FlexiPass is required for access to the Fitness Centre.*



Vancouver Community Diabetes Education Program

A two day program designed to help individuals gain knowledge and skills to manage diabetes and promote a healthy and more active lifestyle. The program is delivered in Chinese and Punjabi.

**There may be a \$20 fee for lunch and materials.*