

Are you part of a Healthy Brandon?

What is Healthy Brandon? We are a group of community partners that work together to promote health and prevent chronic disease. We are part of the province-wide Chronic Disease Prevention Initiative, using a “community-led, RHA-supported, government-funded” approach to promoting healthy lifestyles in communities around Manitoba. Healthy Brandon works through workplaces to promote healthy lifestyles for Brandon adults.

Healthy Brandon is made up of 5 working groups, each tackling a different approach to healthy living. Eating Well promotes healthy eating through resources and events across Brandon. Did you get a taste of our vegetarian chili at the Alzheimer’s Society Chili Cook-Off? Maybe you have been to one of our taste tests, where we introduce new and delicious ways to get your 7 or more vegetables and fruit. For tips on healthy meals, check out www.healthybrandon.ca for the Eating Well “What’s In Your Lunch” brochure and more.

Healthy Brandon In Motion promotes and celebrates Brandonites getting *in motion*. Did you know that Brandon is the Walking Capital of Canada? It’s official – we defeated the city of Brantford Ontario with over 7,000 people out “walking the talk” last October 1. This spring we will be promoting safe and active transportation with workshops on safe cycling. Visit www.brandoninmotion.ca to find more ways to celebrate physical activity in your workplace or neighbourhood.

Healthy Brandon Tobacco Free promotes smoke-free living throughout Brandon. We can connect you to resources to help you quit smoking, including the Brandon RHA Quit 4 You program. We can also help workplaces promote smoking cessation with our Quit Baskets full of helpful resources. We can also help you to make your home smoke free – watch www.healthybrandon.ca for more information on Blue Lights, coming soon!

Living Well With Stress can help you reduce negative stress, both in the workplace and at home – yes, our stress follows us home! We have just certified 16 new Laughter Leaders, who can lead group laughter events, and will be celebrating World Laughter Day on May 3. If that’s not enough, join us on the evening of May 7 for The Laughter Fix. “Ivanka” will help us to “take a check-up from the neck-up” and laugh away our stress. Get tickets at the Sportsplex or the Little Shoppe on 18th, or come to www.healthybrandon.ca to find out more.

Our Workplace Wellness working group ties it all together with a wellness approach for workplaces. We host an annual Wellness Forum, and are currently working on a wellness model that can be implemented in any workplace. Check out the Workplaces page at www.healthybrandon.ca for some quick tips to get started on making your workplace healthier.

If you would like to get involved in Healthy Brandon activities, or bring them into your neighbourhood or worksite, contact our Community Facilitators, Karen Burton and Samantha Lepp, at 578-4821. Let’s make Brandon one of Canada’s healthiest communities!

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www.healthybrandon.ca