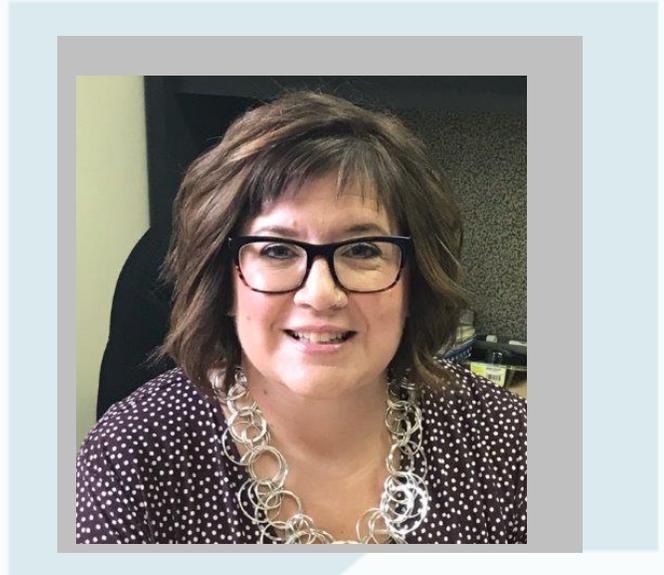




DIRECTOR'S MESSAGE:

We are happy to announce that we received funding to expand and open a third location in Sudbury's downtown core! Expected to open late 2019, this location will focus on the marginalized and homeless population in partnership with the Canadian Mental Health Association of Sudbury/Manitoulin. This new site will help to ensure that quality, primary health care is more accessible to people in Greater Sudbury living with medical conditions, mental illness, addictions and poverty. Construction is expected to start in January! In the meantime we are providing care at the Corner Clinic.



CRAVING CHANGE IN JANUARY!!

Do you want to improve what, when or how much you eat?

Coming in January 2019, Craving Change™ will help you to understand why you eat the way you do, manage emotional eating behaviours and get practical suggestions on how to make healthy changes you can stick with.

Classes are on **Monday's** in the evenings from **6-8pm** at the **Sudbury location**. Here are the following dates:

- January 7th, 14th, 21st and 28th

FUN NUTRITION/FOOD FACTS:

Protein is a source of energy that our bodies need in order to grow and repair.

Nuts, such as almonds, are a good source of protein and fibre. Eating ¼ cup of almonds will give you an equivalent of 8 grams of protein and 4.2 g of fibre. Any foods with more than 4g of fibre per serving are considered a high fibre food.

Feeling stressed?



What is stress?

Stress is a normal response to situational pressures or demands, especially if they are perceived as threatening or dangerous.

What can you do about it?

- Identify the problem
- Talk about it and set goals
- Learn about helpful strategies and stress busters
- Solve stressful problems, one at a time, as they come up

How to manage stress?

Stress cannot be completely eliminated from our everyday lives but there are ways to manage it:

- Set goals
- Practice relaxation techniques (yoga, meditation, deep breathing exercises, going for a walk or just doing something you love
- Ensure routine physical activity
- **Big White Wall** is a **free** online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares. When you're dealing with everyday stressors or major life events, we'll help you get through it.

“The greatest weapon against stress is our ability to choose one thought over another” –William James