

Interior Health (IH) and Joint IH/ City of Kamloops Programs

Direct Physician/NP Referral Required

	PROGRAM	DIAGNOSIS	PROGRAM DETAILS	CONTACT
Cardiovascular / Metabolic/ Mental Health *	DIABETES EDUCATION CLASSES	<ul style="list-style-type: none"> • Pre-diabetes • Newly diagnosed Type 2 	<ul style="list-style-type: none"> • No cost • Each class consists of 2 – 2hr education sessions • Diabetes and lifestyle education 	Diabetes Education 250 314-2457
	<p>ON TRACK</p> <p>Vascular Improvement Program Mental Health (MHSU) and City of Kamloops</p> <p>* For participants without cardiovascular disease</p>	<p>Primary Prevention</p> <ul style="list-style-type: none"> • Stable Hypertension • Stable Diabetes • Dyslipidemia • Metabolic Syndrome • Mild- Moderate Depression and/or Anxiety 	<ul style="list-style-type: none"> • Cost = \$40.00+ GST • Group Exercise and Information Sessions • Track Walking and Exercise Program for 10 – 12 weeks • Strength Training and Exercise Goal Setting • Supervised by ACSM Exercise Specialists and Mental Health Clinicians 	<p>VIP</p> <p>250 314-2727</p> <p>Exercise Specialist Coordinator City of Kamloops</p> <p>250.828.3742</p>
	<p>VASCULAR IMPROVEMENT PROGRAM (VIP)</p> <p>Supervised Exercise Program and Information Sessions are part of the VIP multidisciplinary program of cardiovascular risk management</p>	<p>Cardiac Rehabilitation</p> <ul style="list-style-type: none"> • Coronary Artery Disease • Myocardial Infarction • PCI / CABG • Heart Failure • PAD • Valve Disease/ Surgery 	<ul style="list-style-type: none"> • No Cost • 12 week program with continuous enrollment • Group Aerobic, Strength Training and Education Session Options: <ul style="list-style-type: none"> • Track Program • Gym Program • Supervised by ACSM Exercise Physiologists, Physiotherapist, and Registered Nurses 	<p>VIP</p> <p>250 314-2727</p>
Respiratory	PULMONARY REHABILITATION	<p>Respiratory Conditions</p> <ul style="list-style-type: none"> • COPD (mild-severe) <ul style="list-style-type: none"> ○ Emphysema ○ Chronic Bronchitis • Bronchiectasis • Chronic Asthma • Pulmonary Fibrosis • Lung surgery <ul style="list-style-type: none"> × Transplant pre/post × Resection 	<ul style="list-style-type: none"> • No Cost • Offered 2x/ week, 6 weeks • Exercise and education session focus on aerobic conditioning, upper and lower limb strength training, energy conservation and breathing techniques • Supervised by Registered Respiratory Therapist, Registered Physiotherapist and ACSM Exercise Physiologist 	<p>Pulmonary Rehabilitation</p> <p>250.312.3280 Ext 43242</p>

Visit KeeponMoving.ca for program descriptions and referral forms

Kamloops Community Programs

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Cancer	SENSATIONAL SURVIVORS <i>Physician's approval is required prior to commencing exercise</i>	Women with a diagnosis of cancer	<ul style="list-style-type: none"> • A supportive fitness program for women at any stage of cancer treatment or recovery • Individual exercise programs are developed for each participant based on goals and a fitness evaluation • Cost = \$115 (subsidy is available) 	City of Kamloops Exercise Specialist Coordinator 250 828-3742
	True Nth Lifestyle Management Program Physician's approval may be required based on pre-participation phone screening	Program developed for men with prostate cancer Men with all cancer diagnosis are welcome	<ul style="list-style-type: none"> • Evidence-based physical activity and stress reduction resources. Curriculum developed by University of Calgary. Online platform provides stress management and nutrition support. • Currently a study (no fee) • 12 weeks, 2x/wk 	
	May Cause Radiance Self – referral	Support services for young adults with cancer	<ul style="list-style-type: none"> • Free Saturday yoga classes • Online support platform • www.maycauseradiance.com • maycauseradiance@gmail.com 	Tessa Inkster 250.682.1577
Arthritis	TAKE CHARGE <i>Arthritis Society Interior Health</i>	Arthritis & Joint Replacement (pre/post surgery)	<ul style="list-style-type: none"> • Early Intervention/ Education for Osteoarthritis (runs monthly from Sep.- May, 4th Tuesday from 6:30-8:30 pm) • No cost for this 9 month program 	Arthritis Society 1-866-414-7766 (toll free)
Neurologic	Living with Stroke™	Stroke	<ul style="list-style-type: none"> • For stroke survivors and their caregivers • A healthcare professional leads the weekly, two-hour support and education meetings over 8 weeks. 	Call 1-888-473-4636 to find a program in Kamloops
	Power over Parkinson's Self or Physician's referral	Parkinson's	<ul style="list-style-type: none"> • 8 week exercise program led by IH Physiotherapists and YMCA Fitness Leaders • Must be assessed by community Physiotherapist prior to participation 	250 851-7963
Chronic Disease Self-Management	<input checked="" type="checkbox"/> TCC TRACK PASS <ul style="list-style-type: none"> • Cost = \$19.45/ month (incl tax) (subsidies available) • Track is available for people to work on their independent exercise plans: <ul style="list-style-type: none"> ○ Track Walking; EZ-line equipment; Exercise bikes 			TCC front desk 250 828-3655
	<input checked="" type="checkbox"/> Chronic Disease Self-Management Program (The University of Victoria) <ul style="list-style-type: none"> • no cost http://www.selfmanagementbc.ca/ • Provide an overview of living a healthier life with chronic conditions. 			Call toll free: 1-866-902-3767
	<input checked="" type="checkbox"/> The Arthritis Society Self Management Program			Arthritis Society 1-866-414-7766
	<input checked="" type="checkbox"/> Exercise Support for IH graduates: (Cost = TCC track pass) And the Beat Goes On (ATBGO)- Ongoing exercise program for graduates of the VIP Breathe On - Ongoing exercise program for graduates of Pulmonary Rehabilitation			City of Kamloops Exercise Specialist 250 828-3742
	<input checked="" type="checkbox"/> Bounce Back: Offers community based self-help strategies to improve the mental health The project is led by CMHA BC Division and funded by the BC Ministry of Health Services.			250 374 1273

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