



New Vision News

Thursday, May 4, 2023

Victoria Day Long-weekend

There will be no on-call clinic on holiday Monday, May 22nd as we are doing a major electronic medical record update. Regular Saturday, May 20th and Sunday, May 21st on-call clinics will be available for urgent matters.

Upcoming Wellness Workshops

New Vision has a few upcoming wellness workshops:

- **Craving Change (June 1st - 22nd at 9:30 a.m.)** – This 4-week in-person "how-to" workshop series focuses on helping you change your relationship with food. This workshop helps you to understand why you eat the way you do, comfort yourself without food, and change your thinking and your eating. [Click here](#) to register.
- **Walk and Talk (May 25th - June 29th at 1:30 p.m.)** – Facilitated by our Social Worker and Registered Dietitian, this group focuses on nutrition/stress management, boosting energy and engaging in more active lifestyle. This workshop takes place at the Waterloo Memorial Recreation Centre (101 Father David Bauer Dr, Waterloo, ON N2L 0B4). [Click here](#) to register.
- **Healthy Steps (monthly, ongoing)** – The main goal of this monthly virtual group is to support overall health and well-being in a weight inclusive environment. Sessions focus on various nutrition topics to help increase knowledge and provide an opportunity for participants to connect. [Click here](#) to register.

Upcoming Topics:

1. Wed, May 17th at 4:30 p.m. - Budget Friendly Food Buys
2. Thurs, June 15th at 4:30 p.m. - Making Sense of Nutrition Labels

May is Hypertension Month

Heart disease is one of the leading causes of death in Canada. When there is too much pressure in your blood vessels, hypertension occurs and could potentially cause damage to these blood vessels or other health problems. To learn more about Hypertension and how to track your blood pressure, [click here](#).

At New Vision, we have a team of highly skilled practitioners ready to help you achieve your optimal blood pressure. The goal of the Hypertension Management Program is to assist patients by providing education, self-management strategies, and medication recommendations to help improve blood pressure control to help reduce your risk of heart disease.

Interested in being seen by our Hypertension team? Call us at 519-578-3510.

Mental Health Awareness Month

In Canada, it is estimated that 1 in 5 people experience a mental health concern. This May, we hope to help you explore what mental health means to you, and equip you with further tools to manage on the harder days... we know life isn't always easy! Our Social Work team has created a May monthly challenge with daily self-care tasks/reminders in to support your overall

mental wellness. This challenge can be found on our [Mental Health resources page](#). While on that page, please check out the many other resources we have to support your mental health.

National Sun Awareness Month

As the warm weather approaches and we find ourselves spending more time outside, we need to be mindful of the sun and its powerful UV rays. [Click here](#) for tips to ensure you enjoy the sun safely.

May 7th is “Check Your Skin” Day

It is important to check your skin regularly for signs of potential skin cancer. When checking your skin, you should look for the following concerns:

- **Asymmetry:** the shape of one side is different from the other
- **Borders:** the border or visible edge is irregular or ragged
- **Colour:** variation, brown, black, red, grey or white within the mole/freckle
- **Diameter:** watch for changes in size
- **Evolution:** look for changes in colour, size, shape or symptoms such as itching, pain or bleeding

[Click here](#) to learn more on how to self-examine you skin.

Please continue to visit our website at www.newvisionhealth.ca for more updates.

Thanks,

New Vision Family Health Team

*****We Want Your Feedback!*****

To help us serve you better, please [CLICK HERE](#) to take our patient experience survey. Your participation in this survey is completely voluntary and no personal identifying information will be collected. Thank you in advance for your feedback!

While the information provided is considered to be true and correct at the date of publication, changes in circumstances after the time of publication may affect the accuracy of the information.
