



COMMUNITY PROGRAMS REFERRAL FORM

COMPLETE ALL SECTIONS AND RETURN TO:

Health Promotion Department, 4th Floor, 4211 Albert Street, Regina, SK, S4S 3R6

Fax: 306-766-7218 Email: healthpromotionRQHR@rqhealth.ca

NOTE: Participants must be willing and able to participate in a group environment and set goals.

Client Information

Name (Last, First)		Provincial Health Card #	
Address		City	Postal Code
Phone	Email	Date of Birth	

FREE Community Programs

<input type="checkbox"/>	LiveWell with Chronic Conditions Peer led workshops (1 class/week for 6 weeks) focusing on self-management skills for people living with chronic conditions and/or their caregivers. <i>For example but not limited to: anxiety, arthritis, asthma and lung disease, cancer, depression, heart disease, hepatitis, high blood pressure, inflammatory bowel disease, kidney stones, MS, Parkinson's, renal failure, stroke/spinal cord injury, diabetes, and kidney disease.</i>
<input type="checkbox"/>	LiveWell with Chronic Pain Peer led workshops (1 class/week for 6 weeks) focusing on self-management skills for people living with chronic pain and/or their caregivers. <i>For example but not limited to: chronic musculoskeletal pain, whiplash injuries, chronic regional pain syndromes, repetitive strain injury, chronic pelvic pain, post-surgical pain that lasts beyond 6 months, neuropathic pain, neuralgias, post-stroke or central pain, and persistent headache.</i>
<input type="checkbox"/>	Forever . . . in motion Volunteer peer led physical activity classes for older adults (50+). Includes endurance, strength, balance, and flexibility activities that are safe for people with chronic conditions and reduces risk of a fall.

Referrals can be made by self, family member, health professional

Referred by: <input type="checkbox"/> Physician <input type="checkbox"/> Nurse Practitioner <input type="checkbox"/> Therapies <input type="checkbox"/> Other _____	Date of Referral
Name & Signature	Client Informed of Referral? <input type="checkbox"/> Yes <input type="checkbox"/> No

For more information or a listing of upcoming workshops and classes, please visit:

www.rqhealth.ca/livewell

www.rqhealth.ca/forever-in-motion