

Janeway Lifestyle Program (JLP)

Good Health for EveryBODY

Good Health for EveryBODY (GHEB) is a packaged program written and produced by the JLP.

It is based on groups offered through our program over the past eight years.

Who is it for?

It is a PARENT EDUCATION program.

It was developed for COMMUNITY LEADERS in all areas of NL to offer to PARENTS of preschoolers in their region.

It was pilot tested in rural NL in 2013 and the final program is now available.

Why did we develop this program?

NL has the highest rates of many chronic diseases, such as diabetes and heart disease.

If changes are made during preschool years, many diseases can be delayed or prevented.

GHEB was developed by a team of healthcare experts to provide evidence-based information to all regions of NL.



GHEB is:

- Culturally specific
- Appropriate for low literacy
- Holistic - eat well, be active, feel good
- Focused on prevention of chronic diseases
- Using a body positive approach

How can the GHEB help you?

We will provide training in the most up-to-date research in preventing chronic diseases. This includes a comprehensive multimedia toolkit for you to offer parents in your region. We will also provide consultation to facilitators in addressing questions and barriers.

What is Included in the GHEB?

- 1- Facilitator manual– background information for the facilitator.
- 2- Curriculum manual – detailed lesson plans and summary for each week.
- 3- Parent binder – information on nutrition, recipes, physical activity, sedentary behaviour, mental health and more.
- 4- PowerPoint presentations for all weeks.
- 5- DVDs – recorded 5-10 minute videos written and produced by the JLP team to support messages in curriculum.
- 6- Comprehensive training for leaders and ongoing support in offering the program.

Want to Learn More?

Please contact us if you are interested in offering this program.

Phone: **709-777-4387**

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