

A program of



Hans Kai™ for Adults



Supported the Creating Community Wellness Society.
Delivered by the Victoria Health Co-op, Weaving Wellness Co-op and Rainbow Co-op.

Hans Kai™ for Adults

Hans Kai™ for Adults ideally starts with 5 - 20 people in reasonably good health who know each other or have some mutual interests. Using the **Hans Kai™ for Adults** kit and training materials they complete a **Hans Kai™ Health School**, a series of 9 to 12 sessions, 2 hours each, then continue independently.

The details of the **Hans Kai™ Health School** and the on-going sessions depend on the age of the participants, their capacity for various activities and their interests. Typically it includes:

1. Introduction to **Hans Kai™** - goal setting session, learning about basic health indicators
2. More about health indicators (blood pressure, blood sugar, weight, and waist circumference)
3. Health Indicators: how participants safely and effectively monitor and accurately record their own blood glucose, blood pressure and waist circumference.
4. Healthy Eating: nutrition, healthy eating and food safety.
5. Being Active: types and benefits of exercise; developing physical activity plans for all abilities
6. Achieving Balance: signs and symptoms of stress and how to manage stress; the importance of sleep, resources to support good sleep patterns.
7. Primary Health and Medical Care through the Years: general overview of health checks through the years, medications, introduction to smoking cessation
8. Working Together: community resources, boundaries, consensus decision making
9. Launch the group; identify resources and strengths, practice working as a **Hans Kai™** group.

After the **Hans Kai™ Health School** series, most groups meet monthly for a minimum of 2 hours. Some groups meet for 30 minutes once a week. Participants commit to being in the program for at least a year. In many cases, the members continue to meet far beyond their initial commitment, enjoying the social support and wellness benefits. Each meeting includes four core activities: a social/learning activity, a wellness review, nutrition and a physical activity. How this is achieved and what additional content is to be added are decided by the group.

Sessions during which a health professional meets independently with each participant, can be recorded and billed as a Group Visit under the provincial health insurance programs.

Hans Kai™ for Adults is sustainable as it does not rely on medical professionals to continue the group.

Would a **Hans Kai™** program meet a need in your community?

Will you supporting **Hans Kai™** financially and/or by volunteering?

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