

# Wellness



**Wellness includes physical, mental and social wellbeing. It means being free of illness and feeling good. It also means having connections with friends, family and your community. Here are some good habits to help you stay well.**

## Sleep

Sleep helps you stay healthy and manage stress. If you do not sleep enough, you cannot think clearly. Adults need approximately 8 hours of sleep; teens need 8 to 10 hours and children need 9 to 12 hours.

## Community Centres

Community centres have programs for all ages. Each centre offers different programs so you should look around at different programs. Community centres offer organized sports and other recreation, leisure, fitness, wellness, educational, cultural and social programs. You can also volunteer at a community centre to gain Canadian work experience and meet new people.

The General Council of Winnipeg Community Centres (GCWCC) has a map so you can find programs near you: <https://www.gcwcc.mb.ca/community-centres-programs/>

## Healthy Diet and Exercise

Regular physical activity helps you stay healthy. A healthy diet also gives you energy and keeps you well. It is better to prepare your own food using fresh ingredients. Processed foods are foods and drinks that are full of salt, sugar or saturated fat. Eating too many processed foods leads to illness and disease.

The government has a food guide to make sure Canadians plan meals and make healthy food choices.

- Canada's Food Guide: <https://food-guide.canada.ca/en/>

## Food Banks

Manitoba has food banks where people can get free groceries if they cannot buy their own. You can find a food bank in your area or ask for a food hamper at Harvest Manitoba.

- More information: <https://www.harvestmanitoba.ca/need-food/>

Call 204-982-3671

- Find a food bank near you: <https://www.foodbankscanada.ca/Find-a-Food-Bank.aspx?po%20stancode=Winnipeg>

## Alcohol, Tobacco and Drugs

Alcohol and tobacco are legal in Manitoba if you are 18 years old. Using alcohol and tobacco is not good for your health if you drink, smoke or chew too much. It can lead to physical, social and family problems.

Many non-prescription drugs are illegal in Canada. On October 17, 2018, marijuana became legal in Canada. You must be over 19 years of age to buy marijuana.

- More information: <https://www.gov.mb.ca/cannabis/index.html>  
<https://www.gov.mb.ca/healthyschools/topics/substance.html>

**Important Note:** There are penalties for driving after you drink alcohol or use marijuana. It can affect your immigration status if you are a permanent or temporary resident.

- More information: <https://www.canada.ca/en/immigration-refugees-citizenship/news/notices/impaired-driving-cannabis-penalties-affect-immigration-status.html>



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## Hygiene and Food Safety

If you live in Manitoba and you want to prepare or sell food, you must register. You must also get a permit called a Food Handling Permit. Inspectors visit restaurants, caterers or other businesses that prepare food to see if they are following the laws. They check to see how you prepare and handle the food, what temperature you store the food, and how clean the preparation area is. They also make sure employees have good hygiene. There are standards to keep all Manitobans safe.

■ More information:

<https://www.gov.mb.ca/health/publichealth/environmentalhealth/protection/food.html>

## Vaccines and Flu Shot

You can get a seasonal flu vaccine for free if you are over six months of age. If you have health issues that increase your risk of getting sick, it is important that you, your caregiver and any close contacts get the flu shot.

You can get your free flu vaccine at a public health office, nursing station, doctor's office, pharmacy, ACCESS Centre, or the nearest immunization clinic. You should contact your health care provider first to make sure they have the vaccine. Your pharmacist can give you your immunization if you are seven years of age and older.

■ More information:

<https://www.gov.mb.ca/health/flu/where.html>

## Sexual and Reproductive Health

Sexual health is an important part of your wellness.

To be sexually healthy, you need to:

- know your rights
- be comfortable with your body
- be comfortable with your sexuality
- know how to control and experience your sexuality
- protect yourself from infection and disease
- protect yourself from violence, injury or fear
- make wise decisions based on facts

There are many things that affect your sexuality. For example: your biology, relationships, experiences, sexual orientation, gender identity, culture, social norms, attitudes and communication.

More information:

<https://www.gov.mb.ca/health/sexuality/information.html>

## Pregnancy

If you plan to become pregnant, it is important to take care of yourself. Parenting can be hard work so you need to be emotionally, physically and mentally healthy.

In Manitoba, you can have prenatal care. Prenatal care is when your doctor cares for you and your baby during your pregnancy. You do not have to pay for this. It is part of Manitoba's medical system. You can choose to see a family doctor, obstetrician or midwife.

■ More information:

[https://www.gov.mb.ca/healthychild/healthybaby/useful\\_info.html](https://www.gov.mb.ca/healthychild/healthybaby/useful_info.html)

<http://www.manitobaparentzone.ca/mobile/becoming-a-parent/before-pregnancy/prenatal-care.html>