



VFRH: Updates & Insights

 www.vfrh.ca

 concierge@vfrh.ca

 778-401-9276

August's VFRH Updates & Insights

Welcome to the July *VFRH: Updates & Insights* where we share the latest updates, program highlights, and expert insights from Veterans and First Responders Health!

As we wrap up the month, the signs of fall are starting to show—cooler mornings, shifting routines, and a new season ahead. With these changes, it's the perfect time to focus on keeping our immune systems strong and our energy up. This month's edition is all about simple ways to stay healthy and resilient as the weather turns. A few small habits can make a big difference in protecting both body and mind while we enjoy all that fall has to offer. 🍁

– Your VFRH Team

Boost Your Immunity This Fall 🍁

As the seasons change and cooler weather sets in, it's the perfect time to strengthen our immune systems. By adopting a few simple lifestyle habits, we can give our bodies the support they need to stay healthy and resilient!

Nutrition Tips to Support Your Gut & Immunity



Our gut plays a powerful role in keeping our immune system strong—and what we eat makes all the difference! As we head into a new season, try adding these simple habits to give your body (and mind) a boost.

🍊 Load Up on Vitamin C

Fruits like oranges and strawberries, plus veggies like broccoli and bell peppers, are packed with vitamin C to support white blood cell production. Bonus: citrus fruits are full of antioxidants that help protect your cells!

🐟 Choose Lean Proteins

Shellfish, poultry, and beans are excellent sources of zinc—a mineral that helps your immune cells do their job.

🥑 Healthy Fats for the Win

Omega-3 rich foods like flaxseeds, chia seeds, and olive oil have anti-inflammatory properties that support strong immune function.



Move Your Body, Boost Your Immunity

Pairing good nutrition with regular movement is a winning combo!



- **Stay active** 🚶 : Aim for 30–45 minutes of walking, biking, swimming, or stretching most days.
- **Keep it moving** ⌚ : Set a reminder to get up every hour—just a quick stretch helps circulation.
- **Get outside** ☀️ : Sunshine = vitamin D, which plays a key role in regulating your immune system.

Sleep & Stress

Rest and relaxation are just as important as food and fitness when it comes to immunity 😴.

- **Keep a regular sleep schedule** to give your body time to recharge.
- **Unplug before bed**—less screen time means deeper, better rest.
- **Manage stress** with mindfulness, meditation, or simply taking time for yourself.

Fall Programs

September programs are FULL!

Sign up for October programs now to grab a seat—spots are limited!

Scroll down and register today—before it's too late!

[ACE for PTSD](#)

If you're feeling constantly **on edge, disconnected, or struggling with sleep**, this structured program offers **practical, evidence-based tools** to understand trauma's effects on your brain and body—and how to heal.

[ACE for ADHD](#)

If your mind feels like it's always **racing, or if you've struggled with focus**, follow-through, or organization, this program is for you. Especially supportive for First Responders and Veterans, it's tailored to help you thrive with **ADHD**.

[Brain Fog Program](#)

Struggling with focus, memory lapses, or mental fatigue? Our **Brain Fog Program** offers an **advanced, clinically-informed approach** to help you clear the haze. We target the physical, neurological, and cognitive factors behind brain fog—so you can think sharper, feel better, and get back to yourself.

[Click Here to Get in Touch!](#)

Service Highlights

◆ [VAC Disability Assessments](#)

Our practitioners are continuing to support CAF and RCMP Veterans with their **VAC Disability Assessments** in **BC**! We are also offering **Psychological Assessments** in **Ontario** and **Nova Scotia**. Should you have any inquiries or need help in booking your assessment, please contact the [Navigation Team](#)!

◆ [Optimal Health Program](#)

RCMP members now have access to a **weight management program** designed to support your health and wellness journey. You'll receive guidance in **sleep, fitness, and nutrition** to help you build lasting habits. Together, these tools can help you work toward your personal goals

◆ [Join LIVE Wellness Sessions for Gentle Stretch and Breath Classes](#)

This **30-minute class** is a great way to improve **flexibility, reduce stress, and promote relaxation**. This can be incorporated into your daily routine. A variety of stretches, combined with mindful breathing, can help release tension in muscles, ease the mind, and help with sleep. Participants need loose comfortable clothing, a tennis ball, water bottle and themselves.

Stay Connected!

Stay informed with the latest tips, updates, and support tailored for Veterans and first responders. We're here for you every step of the journey.

Don't hesitate to share this with other Veterans and first responders who might find it helpful!

Click on the social media icon you would like to connect on below!



We Want to Hear From You!

Leave us a Google Review!

We'd love your feedback!

Scan the QR Code or [Click Here.](#)



Centre of Clinical Excellence for Veterans and First Responder Health, 101-10262 City Parkway,
Surrey, BC, BC V3T 0S3, Canada, 1-778-401-9276