



KWAKIUTL DISTRICT COUNCIL HEALTH

We Wai Kai Nation KDC Health

Quinsam & Cape Mudge

"Gawalla xa hamattalla" Helping Our People

August 8-12, 2016



Quinsam KDC Health Staff Schedules

Phone:250-286-8064 Fax:250-286-8071 Lunch Break 12:00-1:00pm Office Hours 8:30am-4:30pm

Amanda Roberts, Site Admin Coordinator Email: receptionquin@kdchealth.com- **Mon-Fri**

Dianna Smith, Community Health Rep Email: dianna.smith@kdchealth.com –**Mon-Fri**

Alisia Henkel, Community Health Nurse **Tues-Thur**

Email: alisia.henkel@kdchealth.com

Kathleen Power, Registered Dietitian (by appointment only) 250-286-9766

E-mail: kathleen.power@kdchealth.com

Natalie Crawford, Clinical Counsellor (by appointment) 250-286-8064 **Mon-Thurs**

E-mail: natalie.crawford@kdchealth.com

Allan Campbell, Mental Health & Addictions Program Manager (by appointment only)

E-mail: allan.campbell@kdchealth.com

Jacey Dick , Community Health Nurse **Email:** jacey.dick@kdchealth.com **Tue & Fri**

Shelby Huffman– Community Health Nurse (Mentor)

Email: shelby.huffman@kdchealth.com **Tues-Thur & Fri**

Cape Mudge KDC Health Staff Schedules

Phone:250-285-3996 Fax:250-285-3736 Office Hours 8:00am-4:00pm Lunch 12:00-1:00 pm

Ken Bell, Community Wellness **Mon & Tues**

Email: ken.bell@kdchealth.com

Patty Wilson, Community Health Representative **Mon–Fri**

Email: patty.wilson@kdchealth.com

Kathleen Power, Registered Dietitian (by appointment only) 250-286-9766

Email: Kathleen.power@kdchealth.com

Alisia Henkel, Community Health Nurse **Mon–Wed**

Email: alisia.henkel@kdchealth.com

Jacey Dick, Casual Community Health Nurse **Tues** Email: jacey.dick@kdchealth.com

Shelby Huffman, Comm Health Nurse (Mentor) shelby.huffman@kdchealth.com

Mon–Wen

Take Care of Yourself



QUINSAM & CAPE MUDGE WELLNESS CENTRE

9:00 - 4:00 Mon—Fri

CLOSED FOR LUNCH 12:00-1:00

Sauna Benefits

Relaxation, Increase Circulation
Remove Toxins, Reduce Inflammation
Pain Relief, Improve Skin,
Weight Control and Improve Skin
Elasticity & Burn Calories



Weight and Cardio Room



Reduce Stress	Strength	Flexibility
Weight Loss	Decrease Body Fat	
Increase Endurance	Sleep Better	
Lowers Blood Pressure		

Paraffin Waxing (for hands and feet)

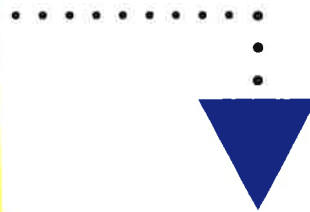
Arthritis Relief	Bursitis Relief
Smooth skin	Eczema
Inflammation	Stiff Joints



PRECIOUS BEGINNINGS



Think about our next generation



Healing through culture: Spiritual Bath

August 10th at 9:30am

**Myrt Thompson Trail behind
Home Depot**

We would like to extend an invitation to anyone who would like to learn more about and participate in a cultural river cleanse ceremony. We will have Elder Carol Bear and Laverne Henderson facilitating this learning opportunity. There will be a picnic to follow.



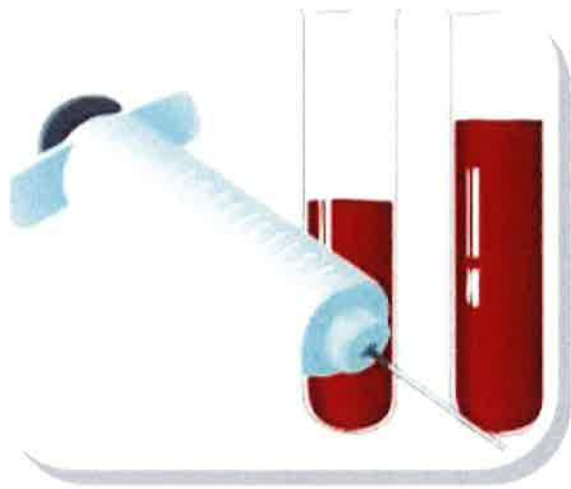
Please call Tracy Hnidy at (250) 286-9766 to register, get directions and to find out what to bring.

**WALK FOR WHELKS SCAVENGER HUNT WITH YOUTH
WEDNESDAY AUGUST 10TH
10 A.M. START**



**YOUTH ARE ASKED TO MEET AT THE HEALTH OFFICE
AT THE CAPE MUDGE VILLAGE. WE WILL LEAVE AT
10:10 HEADING SOUTH FOR OUR SCAVENGER HUNT.
PRIZES, GREAT FOOD AND MORE.....CONTACT PATTY
FOR MORE INFORMATION.... AN ACTIVITY IN SUP-
PORT OF HEALTHY LIFESTYLES. Please wear sunscreen
and bring your water bottle.**

**THANKYOU ,
Patty Wilson, CHR**



VIHA/KDC

BLOODWORK LAB

8:00-9:00 Lab

August 12 2016

**B12 shots, lab requisitions, blood work all
available**

**Walk-in to the lab at the Cape Mudge, KDC
Health office between 8:00 & 9:00 and the
Nurse Practitioner will collect a specimen -
blood, urine or other
body fluid.**