

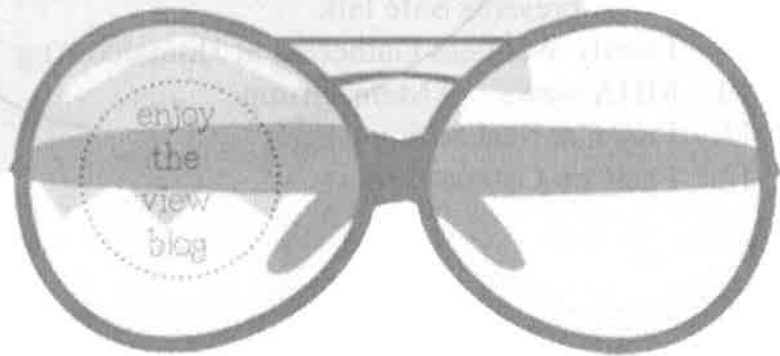
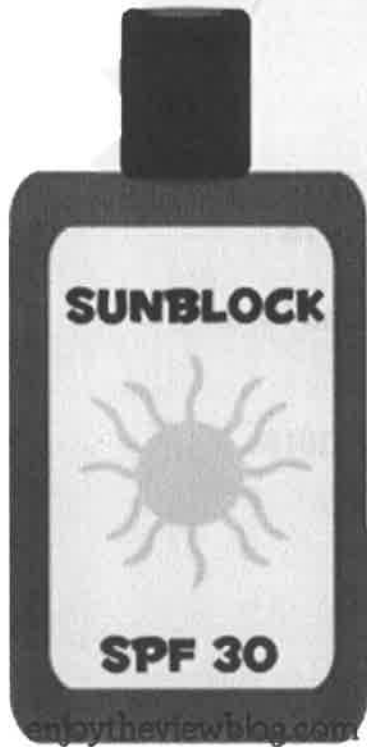
JULY

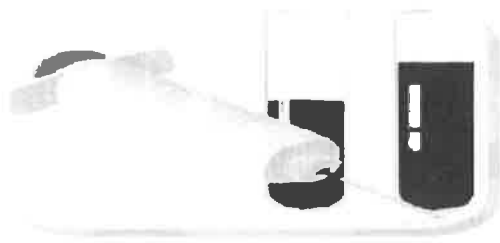


July 23-27, 2018

Kwakiutl District Council Health
Laichkwiltach Health Centre
1400A Drake Road . Campbell River, B.C.
V9W 7K6
Tel: 250-286-9766 Fax: 250-286-9713
Email: reception@kdchealth.com

PRACTICE
SUN
SAFETY!





KDC Health
BLOODWORK LAB

MONDAY'S
9:00-11:00

**Do you have a requisition from your doctor
and no time to wait at the hospital for lab
work?**

**Walk-in to the lab at the Campbell River, KDC Health office be-
tween 9:00 & 11:00 and a VIHA lab technician will collect a
specimen - blood, urine or other bodily fluids.**

Inquires can be directed to the Site Admin
at 250-286-9766

KDC HEALTH GYM

Come on in and enjoy our gym for free.

Treadmills, Elliptical Machine, Bike, Free Weights, Sauna

Hours:

Monday 8:30—4:30

Tuesday 8:30—4:30

Wednesday 8:30—4:30

Thursday 8:30—4:30

Friday 8:30—4:30

INTRODUCTION TO Tai Chi

With Helen Sun

Join us at the KDC Health Campbell River Office in exploring the benefits and journey of Tai Chi and learn how Tai Chi exercises can help you

Reduce Stress;	Improve Brain Function;
Improve Balance;	Elevate your mood;
Increase Energy;	Energize you;
Enhance Circulation;	Increase sense of well-being;
Tone & Strengthen Muscles;	Promote longevity;
Increase Mobility;	and more.

This will be an easy beginner class

Every Tuesday & Friday

starting July 13th

from 10:00 to 11:00 am

During the summer we may be outside

Come give it a try

身 心 神
Body Mind Spirit



KDC Health

Youth Mountain Bike Camp

MUST REGISTER BY JULY 13th

Tuesday, July 31

10am– 2pm

8-15 years

Wednesday, August 1st

10am– 2pm

8-15 years



Participants please bring their bikes & gear to the camps

Parents/Guardians must sign the registration form then drop-off to

Kathleen Power at Camp or to her KDC Health Office or email

kathleen.power@kdchealth.com by July 13th.

To Register Contact:

Kathleen Power

Nutritionist, KDC Health

250.286.9766

kathleen.power@kdchealth.com

DO YOU HAVE A FAMILY DOCTOR?

OR

Are you unable to physically get to your family Doctor due to health challenges?

*KDC IS LOOKING TO CONNECT WITH MEMBERS THAT **DO NOT HAVE A FAMILY DOCTOR** or **ARE UNABLE TO GET TO THEIRS DUE TO HEALTH CHALLENGES!***

We are working on a program to bring Doctors into our communities that can serve our membership that are going without!

-> IF YOU DO NOT HAVE A FAMILY DOCTOR, PLEASE CALL, TEXT or EMAIL TANILLE TO LET HER KNOW.

Gilakas'la

**Tanille Johnston, BSW, RSW
Patient Health Care Navigator
Kwakiutl District Council Health**

**Cell: 250.202.4219
Email: tanille.johnston@kdchealth.com**

First Nations Health Authority

General inquiries

Phone: 604.693.6500

Toll free: 1.866.913.0033

Health Benefits (toll-free):

1.855.550.5454

Fax: 604.913.2081

Media:

(604) 831-4898

Media@fnha.ca

FNHA Indian Residential Schools information line:

1-877-477-0775

Short Term Crisis Intervention Mental Health Counselling Fax Number

(604) 666-6458

Indian Residential School Resolution Health Support Program (IRS RHSP) Fax Number

(604) 658-2833

Email: info@fnha.ca

**Please refrain from posting personal health information in your message*

Our location

501-100 Park Royal South

Coast Salish Territory

West Vancouver, BC

V7T 1A2

**Enter Tribal Health Authority – Vision, Medical Supplies and Equipment, Mental Health
Counselling**

Contact Us

534 Centre Street,

Nanaimo BC, V9R 4Z3

Phone: 250.753.3990

Toll free phone: 1.877.777.4842

Fax: 250.591.2169

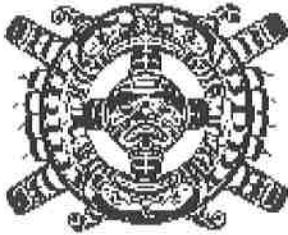
Toll free fax: 1.877.778.4842

www.itha.ca

North Island Team

Michelle McClain, Manager (Campbell River) 250-286-7100 Ext. 67304

- **Nadine Kruger, Aboriginal Liaison Nurse (Campbell River) 250-830-8865**
- **Jessie Newman, Dietitians (Campbell River) 250-286-7100 Ext. 67306**
- **Laurel Anderson, Aboriginal Liaison Nurse (Comox) 250-650-5714**



**KWAKIUTL DISTRICT COUNCIL
CAMPBELL RIVER HEALTH OFFICE
1400 A DRAKE ROAD
CAMPBELL RIVER, B.C. V9W 7K6
Phone (250) 286-9766
Fax (250) 286-9713**



Mental Health & Addictions
MENS GROUP

Open to all Aboriginal Males

**Well being activities are focused around men's gatherings and sharing of various topics
All information shared is kept CONFIDENTIAL.**

When: MONDAY'S
Time: 6:30 PM
Where: Campbell River KDC Office
1400A Drake Road,
Campbell River, BC
Ph: 250-286-9766

The KDC Mental Health & Addictions Program understands the importance of Culture and Tradition as part of the healing process. It is our goal to offer programming that is culturally sensitive and steeped in the traditions of the Kwa kwa ka'wakw Peoples as part of the healing process. It is also our practice to offer ceremony and tradition as part of every program offered by the Mental Health & Addictions Program.

Are Your Kids Safe?



FREE Child Seat Safety Check and Picnic at Spit Park

Stop by at Spit Park and our certified child seat technician will make sure that your child seat is safe and that it is the right seat for your child. Join us for a picnic lunch and fun activities for the kids!!

There is no charge for this service so please stop by - you don't need an appointment. Call Tracy Hnidy at 250-286-9766 for more information.

DATE:	July 25, 2018
Time:	11:00am – 2:00pm
Location:	Spit park on Spit Road beside Jiggers Restaurant

Facts about Osteoarthritis

- ✚ Most common type of arthritis
- ✚ Condition leads to breakdown of cartilage, eventually becoming bone on bone
- ✚ Can result in pain, stiffness, swelling and decrease range of motion
- ✚ Joints most commonly effected knees, hips, hands, spine, neck, big toe
- ✚ No cure for Osteoarthritis

Early Signs

- ❖ Morning stiffness that lasts 30 minutes or less
- ❖ Joint swelling causing decrease range of motion
- ❖ Joint crepitus; grind, grate, or crackling sensation
- ❖ Pain ; increased with high impact activities

Treatment Goals

- Disease gets worse over time
- Best results to treat as soon as possible
- Delay future damage
- Keep joints as healthy as possible
- Control pain
- Improve function