KWAKIUTL DISTRICT COUNCIL HEALTH

We Wai Kai Nation

Quinsam & Cape Mudge

NOVEMBER 28—DECEMBER 2

KDC Health

"Gawalla xa hamattalla" Helping Our People

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

Keltie Pike, Site Administrative Coordinator **Mon-Fri**
Email: receptionquin@kdchealth.com

Amanda Roberts, Community Health Representative **Mon-Fri**
Email: amanda.roberts@kdchealth.com

Alisia Henkel, Community Health Nurse **Maternity Leave**

Kathleen Power, Registered Dietitian (by appointment only) 250-286-9766
E-mail: kathleen.power@kdchealth.com

Natalie Crawford, Clinical Counsellor (by appointment only) 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, Casual Community Health Nurse **Wed**
Email**:** jacey.dick@kdchealth.com

Shelby Huffman, Community Health Nurse (Mentor) **Tues, Thur & Fri**
Email: shelby.huffman@kdchealth.com

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 Worker **Mon & Tues**
Email: ken.bell@kdchealth.com

Patty Wilson, Community Health Representative **Mon—Fri**
Email: patty.wilson@kdchealth.com

Kathleen Power, Registered Dietitian **Fri**
Email: Kathleen.power@kdchealth.com

Alisia Henkel, Community Health Nurse **Maternity Leave**

Shelby Huffman, Community Health Nurse (Mentor) **Mon & Wed**
Email: shelby.huffman@kdchealth.com

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

New Hours

@ Cape Mudge

Please be aware that the KDC Health office in Cape Mudge will have new hours of operation effective

January 3, 2017.

Hours of Operation:

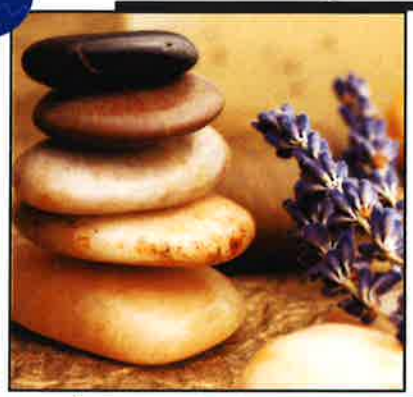
Monday - Friday

8:30 am - 4:30 pm

Closed for Lunch

(12:00 - 1:00 pm)

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, Weight Control

Improved Skin Elasticity

Burn Calories

Weight and Cardio Room

Reduce Stress

Weight Loss

Increase Endurance

Lowers Blood Pressure

Strength

Decrease Body Fat

Sleep Better

Flexibility

Paraffin Waxing (for hands and feet)

Arthritis Relief

Smooth skin

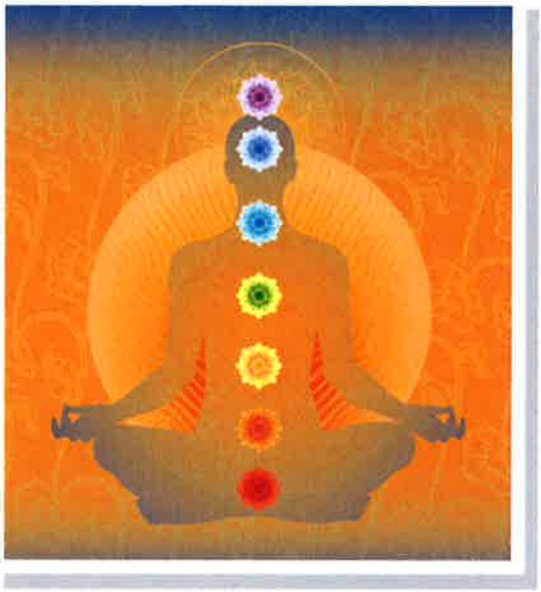
Inflammation

Bursitis Relief

Eczema

Stiff Joints

Adult Yoga & Wellness



'I am the Creator of Child's Pose Yoga; nourishing young hearts and minds through, yoga, meditation and mindful thinking. I am a certified all-ages yoga teacher currently living on Quadra Island. With years of education and life experience ☺ I have chosen to dedicate my life to studying health and wellness, and it brings me great joy to share this passion with those around me. My approach to yoga is one of mindfulness, ease and play. All you need for a class with me is an open heart and mind, and your breath!'

Monday's

Starting September 19th

5:30-6:30 pm

To Register please call Amanda at 250-286-8064

KDC Health

Balance, Stretch & Strength

This is a BEGINNER class for all those new to exercise or those that have been inactive or recovering from injury or illness.

Sally Feast has been a personal trainer for years and started out overweight and battling illness.

The class will consist of a group check in, 5 min. warm up, followed by 20 min. of exercise and a 5 min. cool down.

TUESDAY'S

5:30-6:30 pm

Quinsam Hall

If you have any questions or would prefer a different day or time, please call Amanda 250-286-8064

Cleansing ceremony & Community Dinner

TSOW TUN LE LUM Society – Helping house cultural team will be coming into our community to offer cleansing ceremony, we will have elders from our Nation assisting in the ceremony
We would like to invite all community members to this uplifting ceremony, stand together as one nation as we walk through our healing journey, provide support through our Kwakwaka'wakw traditional teachings

YOU ARE NOT ALONE!

Date of event: Monday November 28, 2016
Location of event: Campbell River Thunderbird Hall
4:00 pm – 5:00 pm Cleansing Ceremony
5:15 pm – 6:30 pm – Community dinner
6:30 – 7:00 - Ligwiltach Elders & Youth cultural dance

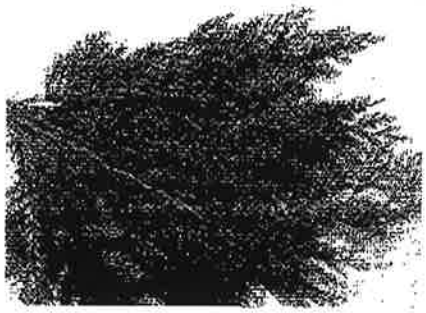
7:00 pm – 8:00 pm **Barney Williams, will speak on Truth & Reconciliation, personal healing journey, community healing**
Closing remarks from community members

Please bring a picture of your loved one who have passed into the spirit world as we will have a table set up with candles & flowers

"Healing ourselves, Healing our families, Healing our communities" – One day at a time!

"EVERYONE IS WELCOME"

For more information, please contact: Dana Roberts (250) 202-1115 / Nicole Dumont (250) 202-9674 / Georgina Speck (250) 204-1196

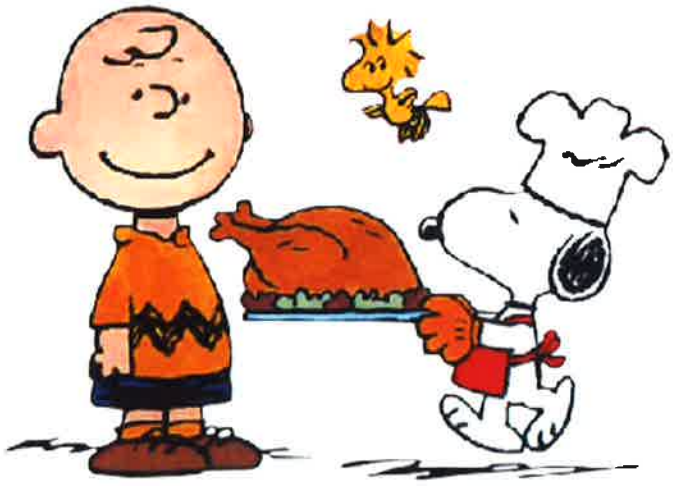


Cedar

Tree of life

We will have tables with resources information available to members

Hello Everyone,



Please join us for our monthly

luncheon Nov 28th 2016 — 12:00 start

CAPE MUDGE KDC HEALTH OFFICE

Theme: Diabetes Oral Health/

Diabetes and Hypertension

Xmas crafting to follow

WALK WITH ME

Pathway to Health

Youth Safety Fair

Youth interactive Harm Reduction strategy stations:

* Drinking and Driving; KDC Staff
* Car Seat Safety—KDC Staff
* Liver Health—Amy; Positive Wellness
* Helmets; KDC Staff
* Dental—Ethel; Island Health

HIV/AIDS—Kecia Larkin,
DINNER PRESENTER
First Nation HIV Educator

* Street Smarts—Mike; RCMP

PRIZES, GIFT CARDS & MORE

Nov 30th
2:30-6:00
QUINSAM HALL
Dinner at 4:45
EVERYONE WELCOME

For more information please contact
Amanda @ 250-286-8064
Or Dianna @ 250-286-9766