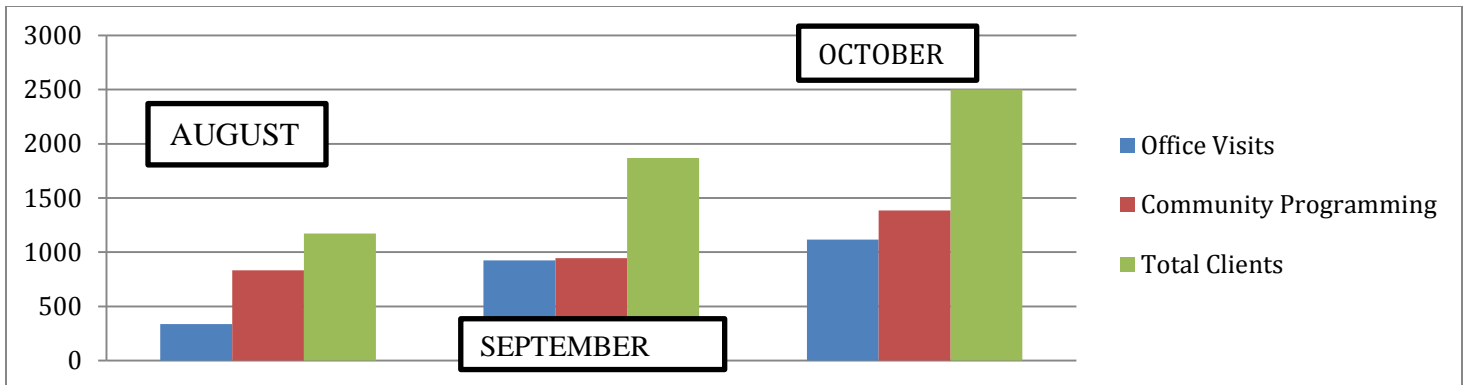


MOOSE FACTORY HEALTH CENTRE

Submitted by Christina Linklater, Community Health Coordinator

Thank you to Cheryl Moore, Rita Lazarus, Mary Cheezo, Thomas Jolly, Pauline Morrison, Rita Echum, Sheila Quachegan and Cynthia Kapashesit for their monthly reports and ongoing hard work.



VARIOUS PROGRAMMING OFFERED THROUGHOUT THE COMMUNITY & AT THE MOOSE FACTORY HEALTH CENTRE AUGUST SEPTEMBER OCTOBER

<u>MONTH</u>	<u>NUMBER OF CLIENTS SERVICED</u>
AUGUST	1171
SEPTEMBER	1870
OCTOBER	2500

Back to School Breakfast	Hep B & Men C Vaccine Program for students
Lemon Cree Fitness Classes 2 X week	Regalia Making Parents/Children 0-6
Suicide Prevention Luncheon & Information Booth	Grief Edu-Therapy Sessions One on One
FASD Information Booth & Luncheon	Clothing Giveaway x 3
Food Demo with WAHA Dietician	Postpartum Home Visits
Food Theme Giveaway- Protein Teaching	Kids Nutrition
Traditional Parenting – Train the Trainer Workshop	Non-Smoking Support Sessions
Blood Pressure Screening	Prescription Drug Abuse Planning
Grief Edu-Therapy Group Sessions	Employee Workplace Week – Appreciation Breakfast for Public Works
Dog Bites Follow Up	Prenatal Interviews & Screening
Youth Gathering Chaperoning	Influenza Clinics
Information on Scabies	Elder’s Nutrition Bingo
Prenatal Classes	Week of the Child Breakfast
Prenatal Mealbags	Well Baby Clinics
Condom Giveaway	Baby Basics Assistance
Car Seat Loan Program	Diabetes Prevention
Health Card Renewal	Guarantors for Birth Registration
Preschool Clinics/Assessments	Food Handler’s Course & Certification
Crafts for kids/GOOP	Week of the Child Booth
Lacrosse/Nutrition Camp for Youth	Skating for School Children & Healthy Snacks
Interagency – Halloween Family Dance	Week of the Child Walk



These individuals have been VOLUNTEERING their time two to three times a week for a year now by instructing Bouncefit/Power Fit Fitness Classes. Thank you for all that you give and for promoting healthy physical wellness. If you are interested in joining the team...let us know and we can give you information on how and where to get certified! ☺

Traditional Parenting Program – some took for personal reasons, others took it to be trained. Look for posters in the near future advertising this workshop that teaches about how our family systems were traditionally and where that breakdown came from. Learn about why we use moss bags, rites of passage and the importance of each one of us in the family role from infant to grandparent.



Dog bites are on the rise. Let's not wait for this to happen to one of our children before we take action. Long ago we took care of our dogs, made pens for them, had dog teams and treated them as part of our family. They are living beings and need to be taken care of. Keep them home and don't let them roam. Call us for more information or concerns.



Take time to show appreciation for others in the workplace. These guys are always willing to help us and others and work long hours so we gave them a healthy breakfast! Thanks Public Works for all you do!

Flu season is here! Help protect the vulnerable like newborns and the elderly who can't fight off illnesses as well as us. Prevent the flu and get your vaccination. Wash your hands, sneeze in your sleeve, take your Vitamin D, eat well, exercise and rest!

