



W.B. Lewis Centre
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REGIONAL FLU CLINICS 2007

Walk-In Immunization Clinics

Infants, children and NEHA staff will be prioritized at all clinics

PINE FALLS AND AREA

Tues. Oct. 30	1:00 p.m. - 7:00 p.m.	Pine Falls Health Centre - MPR
Wed. Oct. 31	10:00 a.m. - 3:00 p.m.	Victoria Beach Seniors Club
Mon. Nov. 5	9:00 a.m. - 10:30 a.m.	Powerview - Winnipeg River Manor
Mon. Nov. 5	2:00 p.m. - 3:30 p.m.	St Georges - Chateaugay
Wed. Nov. 7	10:00 a.m. - 12:00 p.m.	Manigotagan Post Office
Wed. Nov. 7	1:00 p.m. - 3:30 p.m.	Seymourville - Council Hall
Fri. Nov. 9	11:00 a.m. - 12:00 p.m.	Bissett Health Centre
Fri. Nov. 16	9:30 a.m. - 11:30 a.m.	Pine Falls Health Centre - MPR
Fri. Nov. 16	1:00 p.m. - 4:30 p.m.	Pine Falls Health Centre - MPR
Mon. Nov. 19	9:30 a.m. - 11:00 a.m.	Stead - Community Centre

LAC DU BONNET/PINAWA AREA

Mon. Oct. 29	1:00 p.m. - 7:00 p.m.	Lac du Bonnet - Pioneer Club
Mon. Nov. 5	9:30 a.m. - 12:00 p.m.	Pinawa Alliance Church
Mon. Nov. 5	1:00 p.m. - 4:30 p.m.	Pinawa Alliance Church
Tues. Nov. 20	1:00 p.m. - 7:00 p.m.	Pinawa Alliance Church
Fri. Nov. 23	9:30 a.m. - 12:00 p.m.	Lac du Bonnet - Pioneer Club
Fri. Nov. 23	1:00 p.m. - 4:30 p.m.	Lac du Bonnet - Pioneer Club

WHITEMOUTH/REYNOLDS AREA

Tues. Nov. 6	9:30 a.m. - 12:00 p.m.	Whitemouth Community Centre
Thu. Nov. 8	10:00 a.m. - 12:00 p.m.	West Hawk Lake - Fire Hall
Thurs. Nov. 8	1:30 p.m. - 2:30 p.m.	Rennie - Community Centre
Wed. Nov. 14	10:00 a.m. - 12:00 p.m.	Seven Sisters - Seniors Centre
Wed. Nov. 14	1:30 p.m. - 3:30 p.m.	Hadashville - Community Centre
Thu Nov. 22	9:30 a.m. - 12:00 p.m.	Whitemouth Community Centre

SPRINGFIELD AREA

Fri. Nov. 2	9:30 a.m. - 12:00 p.m.	Oakbank - Kin Place - MPR
Fri. Nov. 2	1:00 p.m. - 4:30 p.m.	Oakbank - Kin Place - MPR
Tue Nov. 6	9:30 a.m. - 11:30 a.m.	Dugald - Evergreen Lodge
Wed. Nov. 7	9:30 a.m. - 11:30 p.m.	Anola - Sunrise Manor
Wed. Nov. 7	1:30 p.m. - 2:30 p.m.	Cooks Creek - Pleasant View Lodge
Mon. Nov. 19	1:00 p.m. - 7:00 p.m.	Oakbank - Kin Place - MPR

BEAUSEJOUR/BROKENHEAD AREA

Thu Nov. 15	1:00 p.m. - 2:00 p.m.	Tyndall Manor
Thurs Nov. 15	3:00 p.m. - 4:00 p.m.	Garson Limestone Villa
Wed. Nov. 21	1:00 p.m. - 7:00 p.m.	Beausejour Brokenhead Rec Complex
Mon Nov. 26	9:30 a.m. to 12:00 p.m.	Beausejour Brokenhead Rec Complex
Mon. Nov. 26	1:00 p.m. to 4:30 p.m.	Beausejour Brokenhead Rec Complex

Please bring your Manitoba Health Card or other ID & wear a short-sleeved shirt.

Beausejour Primary Health Care Centre Box 550, 151-1st St. S., Beausejour, MB, R0E 0C0
Wellness Facilitator: Bonnie Stefansson Phone: 268-7440

Community Lunch'N Learn: These ½ hour wellness sessions are offered to the general public during the lunch hour in a variety of settings in the community.

Calcium & Vitamin D Working for You - Community Lunch'N Learn - Discover what is hype and what is truth. How do Calcium and Vitamin D work together and where do you find them? Learn why they are important, and what happens if you don't have enough of these working for you! Facilitated by NEHA Dietitians. (MPR - Multi-Purpose room)

Monday Sept. 17	Edward Schreyer School	12:15 p.m. - 12:45
Monday Oct. 1	East Gate Lodge - MPR	12:30 p.m. - 1:00 and 1:00-1:30
Monday Oct. 15	Beausejour Early Years School	12:15 p.m. - 12:45
Monday Oct. 29	Gillis School	12:15 p.m. - 12:45
Monday Nov. 5	Edward Schreyer School	12:15 p.m. - 12:45

The New CPR - Community Lunch'N Learn - Learn about the major changes to CPR, and what those changes mean for people who have taken training in the past.

Monday Sept. 17	Edward Schreyer School	12:15 p.m. - 12:45
Monday Sept. 24	Gillis School	12:15 p.m. - 12:45
Tuesday Oct. 23	Primary Health Care Centre - MPR	12:15 p.m. - 12:45
Tuesday Nov. 13	East Gate Lodge	12:30 p.m. - 1:00 and 1:00-1:30
Tuesday Nov. 27	Beausejour Early Years School	12:15 p.m. - 12:45

Chronic Disease - Community Lunch'N Learn

Monday Nov. 26	Gillis School	12:15 p.m. - 12:45
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Get a Grip on Stress – Stress Busters Series: Do you feel as if you are being “pulled in a thousand different directions” by the demands of family, work and other personal commitments? Do certain people “stress you out”? Is your body physically drained from stress? Stress is a natural and essential part of our lives. If left unmanaged, it can become harmful. Get a Grip on Stress will provide you with some Stress-Busters; tool and methods for balancing your life, dealing with stressful people and situations, and keeping your body in stress fighting shape. October 2, 9, 16 and 23 from 7:00 - 9:15 p.m. at the Beausejour Primary Health Care Centre. Registration Fee: \$15.00/person or \$20.00/couple. Register with payment by Tuesday September 25. For information call Debbie at 268-7484 or Bonnie at 268-7440.

2007-2008 Cancer Prevention Series

Session 1: Cancer Basics: Knowledge is Power - Thursday, November 15 - 7:00 - 9:15 p.m.

Session 2: Imagine a Cancer Free Future: Putting You in the Driver's Seat! Tuesday November 20 - 7:00 to 9:15 p.m. To be held at the Beausejour Health Centre, Multi-Purpose room. FREE! Registration deadline Friday November 9. To register call Sharlene at 268-7478 or Bonnie at 268-7440.

Session 3: Cancer Prevention: Women in the Driver's Seat: Top 5 Cancers for Women - Winter 2008

Session 4: Cancer Prevention: Men in the Driver's Seat: Top 5 Cancers for Men - Spring 2008

Commit to Quit - Stop Smoking Program - This 5-week, 1 hour program was successfully held in Beausejour in the spring of 2007. The spring program helped 6 people quit or cut down on the number of cigarettes they smoked. Another program will be offered if there is enough interest. To add your name to the list please call Sharlene at 268-7478 or Bonnie at 268-7440.

Breast Cancer Information and Support Night: Thursday November 1 - 7:00 p.m. Call Lorraine at 268-2328 for information or to register.

Get Better Together! Leader Training: Have a chronic condition that you're managing well? Learn to lead the 'Get Better Together!' Program which offers a combination of learning health management skills, listening to one another, brainstorming, problem-solving, and action planning to help participants better manage ongoing health problems. Leaders teach from a scripted manual and always teach in pairs. This 4-day training includes a leader's manual and a copy of the book Living a Healthy Life with Chronic Conditions. Experience not necessary. FREE! (lunch included). October 3, 4, 10, & 11 from 9:30 a.m. - 3:30 p.m. at Eastgate Lodge Multi-purpose room in Beausejour. Limited registration. To register call Susan at 268-7464 or Carol at 345-8647 by September 25.

IRON ROSE DISTRICT

Whitemouth District Health Centre Box 160 Whitemouth, MB. R0E 2G0

Wellness Facilitator: Caroline McIntosh Phone: 348-7191 ext. 240

NEHA'S Iron Rose District encompasses Whitemouth, Reynolds and the Whiteshell.

Whitemouth Pap Clinic: Did you know that women between the ages of 18 to 69 should have a Pap test every two years? Get up to date the Whitemouth Pap Clinic! Visiting female practitioner. Bring your Manitoba Health Card. New patients welcome. Some walk-in appointments available. Wednesday October 24, 9:00 a.m. - 4:30 p.m. Whitemouth District Health Centre. FREE! For appointments call Christine at 348-2291.

Arthritis Self-Management Program: Designed to help you understand your arthritis, learn ways to cope with chronic pain and how to take a more active role in your arthritis care. Facilitated by Barbara Krahn.

Wednesdays, September 12 to October 24 from 10:00 a.m. - 12:00 p.m. at the Whitemouth Happy Hours Club.

Fee: \$25.00 includes manual. To register call Martha at 348-2345 or Marilyn at 348-4610.

Arthritis Info Session: Overview of arthritis, kinds of arthritis, importance of specific diagnoses and coping strategies. Wednesday, September 26 from 1:15 - 1:45 p.m. at the Hadashville Recreation Center - Reynolds Senior Citizen's Club. FREE! For information call Marilyn at 348-4610.

Knowledge is the Best Medicine: A stand-alone for the public and also the 7th class for Arthritis Self-Management. Medication hints, finding information about medication and medication record. Facilitated by Barbara Krahn. Wednesday, October 24 from 10:00 a.m. - 12:00 p.m. at the Whitemouth Recreation Centre - Happy Hours Club. FREE! No need to register, for information contact Marilyn at 348-4610.

Flu Shot Info Sessions: Thinking about getting the flu shot? Find answers to your questions and get current information from a professional. What does it protect against? Who should get it? Myths and self-care. Facilitated by Kristal Plaetinck. Wednesday October 3 from 1:15 - 1:45 p.m. at the Hadashville Recreation Centre - Reynolds Senior Citizen's Club OR Thursday October 4 from 10:15 - 10:45 a.m. at the Whitemouth Recreation Centre - Happy Hours Club. FREE! For information contact Marilyn at 348-4610.

Calcium & Vitamin D Working for You: Discover what is hype and what is truth. How do Calcium and Vitamin D work together and where do you find them? Learn why they are important, and what happens if you don't have enough of these working for you! 30-minute presentation. Facilitated by NEHA Dietitians. Watch for upcoming sessions. For information contact Caroline at 348-7191 ext. 240.

Springfield District

Kin Place Primary Health Care Centre, 689 Main Street, Oakbank, MB. R0E 1J0

Wellness Facilitator: Caroline McIntosh Phone: 444-2227 ext. 217

Safety and Security Workshop Series for Older Adults - Workshop 1: Protect yourself by expanding your knowledge! Topics include Elder Abuse, Medication Interactions, Safe Use of Medications, Fraud and Identity Theft. Various presenters. Friday, October 12 from 9:00 a.m. - 3:00 p.m. (Registration begins at 8:30) Dugald Community Club. Fee: \$7.00 includes lunch and refreshments. To register call Diane at 444-6128 by October 5.

Chair Yoga: Join Sue Williams for the gentle and relaxing stretches of chair yoga. Appropriate for all levels of fitness and physical ability. Excellent to maintain or increase your mobility and coordination. Friday 10:30 to 11:30am. 622 Main Street in Oakbank. Fee: \$5.00 per session. For information contact Sue at 755-2852.

Oral Health and Chronic Disease – The Connection : Find out the cutting edge research on the Connection between Oral Health and Chronic Disease. Presented by Lynn Giesbrecht, Dental Therapist and NEHA Oral Health Promotion Facilitator. Tuesday, October 2 from 7:00 a.m. - 8:30 p.m. Kin Place Health Complex MPR. FREE! To register call Caroline or Lynn at 444-2227 ext. 217 by October 1.

Wellness Facilitator: Karen McDougall Phone: 345-1220

Moving Towards Menopause: A Workshop to help women approaching/in perimenopause make informed health choices. Thursday October 18 from 9:00 a.m. - 4:00 p.m. at the Lac du Bonnet Health Centre. Fee: 15.00 per person (includes lunch). Register with fee at Lac du Bonnet District Health Centre, Box 1030, Lac du Bonnet, MB. R0E 1A0. For information contact Lisa at 345-1218 or Karen at 345-1220.

Cooking with Kids: Tempt your tastebuds with dishes made from autumn vegetables and fruits. Learn some nutrition tips too. Wednesday October 3 from 5:00 - 7:00 p.m. at the Pinawa Secondary School - Home Economics Room. For children age kindergarten and younger and their parents. Siblings are also welcome. Fee: \$5.00 per family. To register call 345-8647. For information call Jackie, grassroots Facilitator at 753-2559 or Kristen, Clinical/Community Dietitian at 345-1230. Sponsored by grassroots and NEHA.

Lunch'N Learn, Pinawa and Lac du Bonnet: Lunch'N Learn is a series of health/wellness presentations offered during the lunch hour at several sites in the district. For information regarding Lunch'N Learn sessions at your worksite, contact Karen McDougall, Wellness Facilitator at 345-1220.

Mature Driver Workshop: Be road wise and enhance your driving skills. Update your knowledge of current traffic laws and regulations. Drivers of all ages could benefit. Monday October 29 from 10:00 a.m. - 3:00 p.m. at the Pinawa Club. Fee \$8.00 for lunch. To register call Pat, Two Rivers Seniors office at 345-1227 or e-mail: tworiver@granite.mb.ca.

Introduction to CPR: The course will address recognition, treatment, prevention of heart attack, airway and cardiac emergency and choking. In Pinawa and Lac du Bonnet, dates and times to be announced. Fee: \$12.00 per person. Advanced registration will be required. To register, contact Pat, Two Rivers Seniors office at 345-1227 or e-mail: tworiver@granite.mb.ca.

Low Impact Exercises: Tuesdays starting October 2 for 10 weeks. Starts at 10:00 a.m. at the Pinawa Lutheran Church. Fee: \$10.00 per person. Advance registration required. To register, contact Pat, Two Rivers Seniors office at 345-1227 or e-mail: tworiver@granite.mb.ca.

Computer Training for Seniors: Want to enhance your motor skills, help stimulate cognitive functioning, hand-eye coordination? Learn to surf the net and email. Time, date and location to be announced. Fee: \$25.00 per person. To register, contact Pat, Two Rivers Seniors office at 345-1227 or e-mail: tworivers@granite.mb.ca.

Hall Walking: Starting October 16, Tuesdays and Thursdays from 1:00 - 2:00 p.m. at the Lac du Bonnet Community Centre. Free of charge. Advance registration is required. To register, contact Pat, Two Rivers Seniors office at 345-1227 or e-mail: tworiver@granite.mb.ca.

Get Better Together!; Are you sick and tired of being sick and tired? Or, are you managing well and want to stay that way? Either way, if you have an ongoing health problem, the 6 week series 'Get Better Together' is for you. Program includes a copy of the book [Living a Healthy Life with Chronic Conditions](#) for each participant to keep. Mondays, October 15 - November 26 from 1:30 - 4:00 p.m. at the Lac du Bonnet District Health Centre. FREE! Limited Registration. To register call Carol at 345-8647 or Susan at 268-7464 by October 8.

Blue Water District

Pine Falls Health Complex Box 2000 Pine Falls, MB, R0E 1M0

Wellness Facilitator: Susan Spindler Phone: 367-5410

Congratulations to Pine Falls/Powerview! Now registered as a ***Manitoba Community In Motion***.

Community Harvest Dinner: Live Entertainment, good food, fun and prizes. Free! Everyone welcome. Wednesday, October 3 from 4:00 to 6:00 p.m. at Wings of Power . Everyone Welcome.

Explore the Store: Label reading, how to make healthy food choices off the grocery shelf, door prizes. Seymourville Community at the Lakeview Co Op. Date to be determined. Stay tuned!

Nobody's Perfect, parenting program every Wednesday. Starts September 12 and runs until the end of November. You can join in anytime. Call Ginette at 367-9641.

Boo! Moms. Pops and Tots Halloween Party October 29 starting at 11:30 a.m. at Seymourville Community Hall. Lunch is served. Free!

Junior Kindergarten for kid's born in 2003 (4 years of age). There are still a couple of spots open for registration. Parents participation and home visits are part of the program. Call Wings of Power at 367-9641.