



**Health Matters Newsletter
February 21, 2020**

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- United Way Community Car Seats Program 2020
- Adults Getting D Grade for Physical Activity
- There are Still \$2,000.00 Rebates for Switching Out Your Woodstove!



When you are out on your hikes be sure to look up! You never know what you might find looking back at you.

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- ✓ **Next Admin Committee Meeting- March 5, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting at March 12, 2020, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome) March 24** 11:00 am to 1:00 pm Location to be determined
 - **Community Action Team (CAT) Meeting February 27, 2020,** 9 am-11am Cowichan Community Centre Board Room
 - **EPIC-Community Steering Committee March 19, 2020** 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
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Subject: Call for Applications – Community Child Car Seat Program

Once again, BCAA and United Way of the Lower Mainland are working in partnership to make child car seats available to non-profit community agencies/programs through the Community Child Car Seat Program.

Who can apply?

Community programs that:

- operate under a registered non-profit agency
- support families with children under the age of nine
- work with families who do not have the resources to purchase a child car seat
- transport children under 9 years as part of their program
- operate a child seat loaner program

Successful applicants will receive child car seats at no cost for use within their program and/or for distribution to families in need.

How do I apply?

Simply complete the online application form **before March 3, 2020**. Click here for the: [Application Form](#)

We're committed to helping keep kids safe while travelling on BC roads. If you or the families that you support have questions related to child car seats, call the BCAA Child Passenger Safety Program info line at 1-877-247-5551 (toll free) or email: roadsafety@bcaa.com

Adults Getting a D Grade for Overall Physical Activity

In the first-ever **ParticipACTION Report Card on Physical Activity for Adults**, we shone a spotlight on how active Canadian adults are and highlighted why leading an active lifestyle is key in helping you **Age Better**.

Unfortunately, adults received a **'D' grade for overall physical activity**, which means not nearly enough of us are reaping all the amazing benefits that come with being active.

To help spread the active word and to find out what adults think about physical activity, we hit the streets to speak to Canadians directly. **Watch the video** and find out more **in our latest blog**.
https://www.participaction.com/en-ca/blog/adult-report-card-are-canadian-adults-active-enough?utm_term=blogemailFebwk1&utm_campaign=Blog_Email_-Feb_-_Week_3&utm_content=email&utm_source=Act-On%20Software&utm_medium=email&cm_mmc=Act-On%20Software-_-email-_-Want%20to%20know%20what%20Canadians%20think%20about%20being%20active%20Check%20this%20out%20%5CuD83C%5CuDFA5%20%5CuD83C%5CuDFC3%5Cu200D%5Cu2640%5Cu200D-_-click%20for%20blog

CVRD Woodstove Replacement Rebate Program- [Still has rebates available](#)

Here is a quick note to let you know that the 2020 woodstove replacement program is now officially launched! Also, February is 'Heart Month', a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

\$2,000 in your pocket, better heart and lung health and cleaner air in the Cowichan Valley? Win! Win! Win! Find out more and apply for the CVRDs woodstove replacement rebate.

#mycvrd #ClearAirCowichan #CVRD2020WoodstoveRebate

<https://www.cvr.bc.ca/3010/Apply-for-a-Woodstove-Rebate>

For Your Information

Video 1 – Healthier Home Heating Video Featuring Dr. Shannon Waters and Earle Plain.

Learn more about how you can improve air quality in the Cowichan Valley and save money when you trade in your old woodstove for cleaner and more efficient home heat.

<https://www.youtube.com/watch?v=sOxtX9g6hZc&t=19s>

Video 2 - Clean wood burning practices Video commissioned by the province in 2018

Maximize heating and minimize harmful gases and particulate matter associated with smoke. Modern certified woodstoves that are well maintained provide more efficient heating and safer environment for you and those around you

<https://www.youtube.com/watch?v=GGrzi2dKGI&feature=youtu.be>

Health Matters Newsletter

[Do you have a resource, event or information you would like to share?](#)

Send it to cindylisecchn@shaw.ca and it will be included in the weekly newsletter