



**Health Matters Newsletter  
October 21, 2022  
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Open Burning Still Banned -Know the Rules
- Souper Seniors- One More Week
- New Horizons for Seniors Granting Opportunity
- Cowichan Neighbourhood House Change of Email and Seeking Volunteers
- Child and Family Centres Community Meeting for Service Providers for Children and Youth with Diverse Needs (Attached)
- Impact of Air Pollution- From the Lancet

*I found this decorated guy a few years ago on a beautiful October day. He wanted to say hello again. You never know what you find when out in nature so there is no better time to go exploring than this weekend!*



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### Community Meetings

- ✓ **Next Admin Committee Meeting** November 3- 4:00 pm zoom call
- ✓ **Next Our Cowichan Network Meeting** November 10 Cowichan Board Room – IN PERSON
- ✓ **Next EPIC Committee Meeting-** November 17, 2022, 1:30 pm-3:00 pm zoom call contact Cindy [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) for access
- ✓ **Cowichan CAT –** October 27, 2022, 10 am -noon- contact Leah Vance [leahlvance@gmail.com](mailto:leahlvance@gmail.com)

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## Omicron Continues to Circulate Please GET Boosted

Vaccination Clinics will be opening again at the Cowichan Community Centre for Flu and COVID Vaccines- stay tuned



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**Cowichan Neighbourhood House is Seeking Volunteers-** Contact the Office for more information. Please note the main office email will be changing from [cnhaoffice@gmail.com](mailto:cnhaoffice@gmail.com) to [info@cnha.ca](mailto:info@cnha.ca). I'll send from the postings my new email [chris@cnha.ca](mailto:chris@cnha.ca), so if you see that it's actually from us at Neighbourhood House.

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### **The Impact of Air Pollution**

[https://www.theguardian.com/science/2022/sep/10/cancer-breakthrough-is-a-wake-up-call-on-danger-of-air-pollution?CMP=Share\\_iOSApp\\_Other](https://www.theguardian.com/science/2022/sep/10/cancer-breakthrough-is-a-wake-up-call-on-danger-of-air-pollution?CMP=Share_iOSApp_Other)

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### **Health Matters Newsletter**

**Do you have a resource, event or information you would like to share?**

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the Friday Newsletter