



Health Matters Newsletter February 26

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data – Research section CVRD 2010 State of the Environment Report
- Nalaxone Kits for Harm Reduction

Magnificent fern gully found near Kinsol Trestle.. These ferns are over 4 feet high



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** March 3, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** March 10, 2015 **CVRD Board Room**. Light dinner at 5:30 pm Meeting starts at 6:00 pm.

Community Events

- **Next Sobering and Detox Task Force Meeting – March 17 -9:00 am to 11:00 am CVRD Meeting Room 213**
- **Board Meets Board Governance Workshop with Professor Vic Murray-** The session will run from 10:00 am to 12:00 noon on Saturday February 27, 2016 at the Clements Centre, 5856 Clements St, Duncan. \$10.00 donation appreciated
- **Community Presentation on the Refugee Crisis- Saturday Feb 27 @7:30 pm at Vimy Hall-** It is potluck dessert night so bring along a favourite. Join Melie De Champlain as she shares her humanitarian experience of volunteering on the front line in Lesvos Greece
- **Ladysmith Interagency Meeting- the last Wednesday of the month from 12:30 pm to 2:00 pm** at Ladysmith Resource Centre Society- 630 Second Avenue Ladysmith

Local Data and or Research-

This week's Edition: **CVRD 2010 State of the Environment Report**

<http://www.thesra.ca/images/2010%20CVRD%20State%20of%20the%20Environment%20Report%20-%20CVRD.pdf>

Harm Reduction Program includes Naloxone kits

Margaret Moss Health Unit has expanded our harm reduction program to include Naloxone kits. Naloxone can immediately reverse the effects of an opioid overdose. Clients who self-identify as using drugs can receive one-on-one training and a free Naloxone kit. Clients are encouraged to drop in to the Margaret Moss Health Unit Monday-Friday 8:30 – 4:30 for more information. More information on the Naloxone program can also be found at: <http://towardtheheart.com/naloxone/>

Thank you

Tracy

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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

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