



**Health Matters Newsletter
October 2, 2015**

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Cowichan Woman Against Violence seeks participants for gala fundraiser

Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting October 8, 2015,** CVRD Board Room. Light dinner at 5:30 pm Meeting starts at 6:00 pm.
- ✓ **Next Admin Committee Meeting-** November 5, 5:00 pm to 6:30 pm- CVRD Committee Room 2

Community Events

- **Dr Dean Kriellaars and Physical Literacy- If there is one workshop that you absolutely should attend this year it should be this one!**

Without a doubt Dr Dean will change your way of thinking about how we move and will give you the tools to implement physical literacy strategies through your home, school, or community organization. You have two opportunities to attend the free sessions

1. Friday October 23 from 9 am to 11:30 am at the Cowichan Performing Arts Centre Theatre
 2. Saturday October 24 9 am to 11:30 am Island Savings Centre Heritage Hall
Call 250-748-7529 or 250-743-5922 to register. (Walk ins are also welcome)
- **Cowichan Women Against Violence Gala Fundraiser-** a team of dedicated volunteers are coming together to host a gala fundraiser for Cowichan Women Against Violence where proceeds will go towards affordable housing for women and children in abusive situations. The Cowichan region has high rates of violence against women so your participation in this event will go a long way to improving the lives of those who need it most. Be sure to purchase your tickets and attend! The poster follows.



vote... just vote!

It only takes a minute.

October 19

Rob Calnan's Video clip from October 8 OCCHN meeting- Health is more than health care.

www.youtube.com/watch?v=QboVEEJPNX0

Too Hot for Tots

Burn prevention workshop- burns are the number one leading cause for admissions at BC Children's Hospital for Children under the age of 5. (Poster Attached)

DATE: OCTOBER 21, 2015

TIME: 12:00-2:30

VENUE: LADYSMITH RESOURCE CENTRE

ADDRESS: 630 SECOND AVE, LADYSMITH

COORDINATOR: KATE WILTON

EMAIL: BORNHEALTHY@LRCA.BC.CA

REGISTRATION: [HTTP://BIT.LY/1QPUP59](http://bit.ly/1QPUP59)

Gala Fundraiser

Saturday, November 7th
Mellor Hall, Duncan

Proceeds to help raise funds for the Cowichan Women Against Violence Society to build safe, affordable housing for women and children leaving abusive situations.

Evening includes: a 4 course **Gourmet Dinner**
~ Silent & Live Auction ~ 50/50 draw ~ LIVE music!
- 6pm **Cocktails** - 7pm **Dinner** - 8pm **Auction** - 9pm **Music**



Dance the night away to
Rainwood Steel
classic & modern rock



TICKETS \$125 each & are available to purchase at:



- Chemainus Village Computer Centre
Oak Street, Chemainus
- Galletto Market & Deli - 1602 Joan
Ave, Crofton
- CWAV Office - 103-155 Ingram Street,
Duncan
- or on-line at www.cwav.org

For more details phone 250-748-7000





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
Health Matters Newsletter