



Health Matters Newsletter

March 20, 2014

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Understanding the Village Workshops
- Metro News Article E- Cigarette Legislation Does Not Go Far Enough
- Elder Abuse Workshop- Free
- Fabulous \$5.00 Drop in Yoga in Duncan
- Tween Yoga
- Poverty Reduction Article – Globe and Mail
- Patients as partners webinar



This is a view from below the dam at Oliphant Lake- How many times have you driven by Spectacle Lake on the Malahat? Next time stop and take the 30 minute hike past Spectacle Lake and visit Oliphant too!

Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting –April 9, 2015**, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
- ✓ **Next Admin Committee Meeting- March 23- 3:00 pm at School District 79 Board Office Beverly Street.**

Understanding the Village Workshops

Attached are upcoming opportunities for this year's Understanding the Village workshops. We just had a sold out session and have two more coming up March 27 and May 1.

If you are with a group or organization that will be sending multiple participants, please email me directly with the number of spaces you will require and I will block of the spaces for you. Currently both sessions are 50% booked.

If you have any questions please contact me and plea feel free to share this invitation!!

Also a reminder that Cowichan 101 is going strong and meet this Month on March 31 at 4pm at the Duncan United Church with guest speaker this month Arvid Charlie who will be talking to us about language and culture.

Apologies if you receive this more than once!!

With respect, Michelle

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"There are only two mistakes on the road to change, not getting started and not going all the way" - Buddha

Metro News Article E Cigarette legislation does not go far enough:

<http://metronews.ca/news/vancouver/1313007/doctors-argue-b-c-e-cigarette-ban-doesnt-go-far-enough/>

Poverty Reduction Strategy – Globe and Mail-

Justine Hunter at the Globe & Mail is reporting that the BC Liberals have a “plan-without-a-name” that happens to take aim at child poverty.

She writes, the BC “Liberals do not want to be measured against targets – perhaps having learned from their unmet job-creation goals.” and “They have not bundled these changes into a slogan-ready program. But the orphaned initiatives are linked, Stephanie Cadieux says. “It’s a plan,” said Ms. Cadieux.”

... [Read the rest](#)

Skill-Building Webinar

Self-Management BC: Helping Patients with Chronic Medical Conditions Maintain an Active and Fulfilling Life

Wednesday, April 1, 2015 from 12:00 pm to 1:00 pm (PDT)

[Reserve your spot!](#)

Living with a chronic health condition has a significant impact both on the patient and their family members. Despite major advances in medical care of chronic disease, the patient plays a central role in managing their illness. In recent years a number of programs have been developed to provide patients with the necessary knowledge, skills, and confidence to deal with disease-related problems.

In British Columbia, Patients as Partners has joined efforts with University of Victoria Center on Aging to offer a number of programs to help people with chronic conditions overcome daily challenges and maintain an active, fulfilling life. In the upcoming webinar we will discuss:

- why self-management is critical for patients with chronic medical conditions;
- what programs are available for free to British Columbians;
- how you can get involved in these programs; and

- how to ensure the program is effective for you or your family member.

Webinar presenter: **Patrick McGowan** (PhD) is Professor at the School of Public Health & Social Policy, University of Victoria. Among other responsibilities, Patrick leads the University of Victoria's Centre on Aging in Ladner and the Patients as Partners Self-Management BC initiative. During the last 25 years Patrick's main research focus has been on investigating implementation of best practices and effectiveness with health education programs for persons experiencing chronic health conditions — especially self-management programs and strategies.

[Reserve your spot!](#)

The webinar will be offered **Wednesday, April 1 from 12:00 to 1:00 pm (PDT)**.

BCCEAS Network- Elder Abuse Workshop

Do you work in an organization that provides services to older adults?

You are invited to attend a FREE workshop:

Elder Abuse:

What Is It?

How Do We Deal With It?

Date: March 30, 2015

Time: 2:00 – 4:00 PM

Location: VIU Board Room 700/380



CLASSES START FEB. 3RD!!

YOGA TUESDAY @ 8:30PM

A flowing yoga practice, including balancing postures, gentle inversions, and standing series, designed to help students leave feeling relaxed and centred.

Location:

CANADA'S BEST KARATE

81 TRUNK RD

DUNCAN

\$5 classes

All fitness levels
welcome

Stretch and strengthen
your body

Relaxed atmosphere

Lululemon attire
optional ;)

www.joyfuljoywin.com

joyclayton@me.com



TWEEN YOGA

An interactive way for youth to connect to themselves their peers and the world they live in. Through yoga movement and independent and group activities youth gain physical strength and emotional balance. Classes integrate traditional yoga poses, flowing sequences, breathing exercises, deep-relaxation, mindfulness and self-reflection. Building an understanding of the physical and philosophical aspects of yoga while having fun!

This class provides youth with the opportunity to enter into their teen years with confidence, self-awareness and a healthy attitude toward themselves and their environment. They develop a strong sense of community while forming new friendships all contributing to overall well-being.

Join Yoga Teacher Lia McLeod, RYT

Tuesday Evenings

6:30-7:30 pm

Ages 9-13 years

3039 Sprott Rd Duncan BC (formerly Somenos Rural Traditional School)

\$12 drop in or \$40 for 4 classes

Contact Lia @ 250-701-5439 or email Immstyle@hotmail

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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