### **Health Calendar**

## May 2017

Monday	Tuesday	Wednesday		Thursday	Friday
1	Dr. Quon 2	*infant Massage 2:00-3:30	3	NP – Shirley Morley 4	5
Youth Skin Care & Lyme Disease 4:30-6:00	NP- Marline Teresinski 9	*Infant Massage 2:00-3:30	10	NP – Shirley Morley	*Women's Wellness Day 9:00-2:00
Diabetic Group 0:00-1:00	Dr. Quon 16	Smoking Cessation 12:00-1:00 *Infant Massage 2:00-3:30	17	NP - Shirley Morley 18 Alternative Snacks 4:30-6:00	19
22	NP- Martine Teresinski 23  Diabetes Clinic 9:30-4:00		24	NP – Shirley Morley 25	26
29	Dr. Quon 30 Dental Hygienist 9:00-3:00 Oral Hygiene Presentation 11:00-12:00	*Infant Massage 2:00-3:30	31		Note: For Wendy Smith [Physiotherapist], please call and make appointment through health center as she is unaware of date she is coming this month

#### **EVENTS**

"Women's Wellness Day: This is an all-day event for women ages 18+. Fun activities such as foot soak/massage, facials, free haircuts, tarot card readings and 2 guest speakers.

\*Infant Massage: Find out about the benefits of infant massage and know how to get started. \*Youth Skincare: & Lyme disease: This event is for those who are 3-16 years of age. Come learn about skin safety for the summer. Dinner is provided.

\*Smoking Cessation: Come out and learn ways to quit smoking. Lunch is provided. "Lunch n Learn: Come out and enjoy lunch while learning about Lyme Disease & Skincare. Two guest speakers from Algoma Public Health and the Forestry Department.

\*Alternative Snacks: Come out and cook healthy meals. Ages: 4-12, parents to supervise. DINNER PROVIDED.



#### PREVENT LYME DISEASE!

- WEAR REPELLENT
- CHECK FOR TICKS DAILY
- SHOWER SOON AFTER BEING OUTDOORS
- CALL YOUR DOCTOR IF YOU GET A FEVER OR RASH



For more information: www.cdc.gov



#### Early Disseminated Lyme Disease

- · days to months after tick bite
- · fever, malaise, migratory arthralgias, arthritis
- · secondary crythema migrans skin lesions
- neuroborreliosis, especially facial palsy, radiculoneuropathy
- · panearditis, AV nodal block

to 2004, Jeniler Column, Ph.D.

Information session with Dana Boyer on May 8th for parents and their children at the health centre from 4:30-6pm. Supper provided.

Also on the 24th from 12-1 lunch provided



Infant Massage at the Health
Centre every Wednesday
starting on May 10<sup>th</sup> until
June 14<sup>th</sup> from 2-3:30pm. If
you are interested please call
Angie at the Health Center









Woman's Wellness Day

When: May 12, 2017

Time: 9am-2pm

Where: Community Hall

9-2 All day services – Hair cuts, foot soak and foot massage, facials and card readers

11-12 Guest Speaker

12-1 lunch

1-2 Algoma Public Health presentation

By appointment or first come first served, you can call Angie at the Health Centre 705-842-2670

# THESSALON FIRST NATION'S TRADITIONAL TERRITORIES MAPPING PROJECT

We are asking community members to meet with a historian to be interviewed about your hunting and harvesting traditions and experiences.

May 15, 2017: 10am-4pm May 19, 2017: 10am-3pm

Even the smallest information can have a big impact for the community and our project. If you have pictures of you or your family hunting, fishing, or berry picking I'd love to discuss those experiences

Historian: Alicia Boston
The Business Center
Call 705-929-3650 to make an appointment



Quit in a group with people in the same boat as you are

May 17, 2017 from 12-1pm downstairs at the Health Center

Patches, gum, lozenges and inhalers free (have to make an appointment with the nurse practitioner)

If you have any questions you can call Angie or Christine at

705-842-2670

Lunch will be provided

## Alternative Snacks



Who: Cooking with children from

ages 4-12

When: May 18th

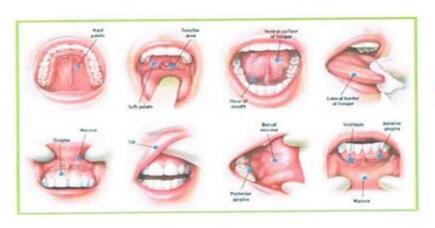
Time: 4:30-6pm

Where: Downstairs at the health

centre

CHILDREN MUST BE ACCOMPANIED BY AN ADULT.

We are having the dental hygienist here on May 30<sup>th</sup>, she will be coming to the community once every three months to clean teeth. If you are interested, she will be here on May 30<sup>th</sup> at the health center. This is only offered to people that do not have a regular dentist or haven't had any services in the past year. You can book an appointment with Angie at the Health Centre 705-842-2670



Oral hygiene/cancer presentation by Algoma Public Health also on May 30<sup>th</sup> from 11am-12pm