

Health Calendar

May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1	Dr. Quon	3	NP – Shirley Morley	5
		*Infant Massage 2:00-3:30		
8	NP- Marline Teresinski	10	NP – Shirley Morley	12
*Youth Skin Care & Lyme Disease 4:30-6:00		*Infant Massage 2:00-3:30		*Women's Wellness Day 9:00-2:00
15	Dr. Quon	17	NP – Shirley Morley	19
Diabetic Group 10:00-1:00		Smoking Cessation 12:00-1:00	Alternative Snacks 4:30-6:00	
		*Infant Massage 2:00-3:30		
22	NP- Marline Teresinski	24	NP – Shirley Morley	26
		*Lunch n Learn 12:00-1:00		
	Diabetes Clinic 9:30-4:00	*Infant Massage 2:00-3:30		
29	Dr. Quon	31		
Dental Hygienist 9:00-3:00				
Oral Hygiene Presentation 11:00-12:00		*Infant Massage 2:00-3:30		

Note: For Wendy Smith (Physiotherapist), please call and make appointment through health center as she is unaware of dates 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 erythema migrans skin lesions
- neuroborreliosis, especially facial palsy, radiculoneuropathy
- pancarditis, AV nodal block

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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 10th until
June 14th 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

The background of the entire page is a photograph of a calm lake reflecting the sky and surrounding green mountains. The text is overlaid on this image.

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 smoking cafe

- 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 30th, she will be coming to the community once every three months to clean teeth. If you are interested, she will be here on May 30th 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 30th
from 11am-12pm

