

### Health Matters Newsletter October 2, 2015

### **Today's Health Matters Includes:**

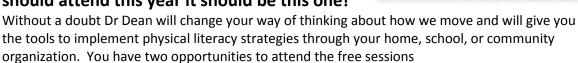
- Meeting Schedules
- Community Meetings and Events
- Cowichan Woman Against Violence seeks participants for gala fundraiser

#### **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!



- 1. Friday October 23 from 9 am to 11:30 am at the Cowichan Performing Arts Centre Theatre
- 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





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