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# H'ulh-etun Health Society

**DEAR ALL,**

**I am sorry due to the computer complications I was not able to submit February Newsletter.**

## **MARCH IS NUTRITION MONTH**

### **6 INGREDIENTS FOR GOOD NUTRITION:**

1. Balance is basic— Try to include all food groups at each meal 3 times a day for steady energy.
2. Smart snacks fill nutritional gaps— Think before you bite: Greasy chips or a bunch of wholesome grapes?
3. Friendlier fat is on the menu— Monounsaturated and poly-unsaturated fats and omega-3 fatty acids can protect your heart.
4. Color is power— Dark green, deep red, and bright orange fruits and vegetables are protective by nature— pick at least 7 servings a day.
5. Variety adds spice— Eating the same foods week after week? Vary your choices to get more nutrients and keep your diet interesting.
6. Good nutrition takes effort. TAKE A FEW MINUTES EACH WEEK TO PLAN MEALS, MENUS, AND SHOPPING IN ADVANCE.



Dr. Williams is here every Wednesday 2pm-4:30pm

# DR. LES WILLIAMS

Dr. Williams will be here at main office to provide services to our community. He is not to re-

place your family doctor; however if you have any questions or concerns feel free to come in. Dr.

Williams will be here every Wednesday 2pm-4:30pm.

**“TIMES COLONIST 10K RUN IS COMING UP IN MAY. IF YOU ARE INTERESTED COME SPEAK TO SHERRI”**

“If you are interested in obtaining your certificate call Gwen Thomas”

## MAY 1ST— TIMES COLONIST 10K RUN

H’ulh-etun Health Society registered for the 10K run. We train every Tuesday starting at 9:30-11:30am and every Thursday 10:30-12pm. This fitness class is with TNT Fitness Studio. This

program includes: bootcamp, core fitness, learn running routines, meal planning, goal setting, and tracking your fitness progress. You are free to join and feel free to drop in. Any questions give us a

call at 250.246.2127. If you want to find out more check this website:

<http://www.tc10k.ca/>

## FOOD SAFE

H’ulh-etun Health Society is offering the community the opportunity to

obtain your Food Safe Certificate. If you are interested please call

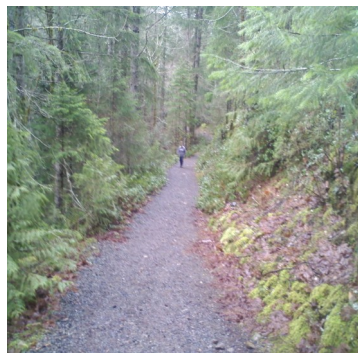
250.246.2127 and ask for Gwen.

# FITNESS WITH TNT FITNESS STUDIO



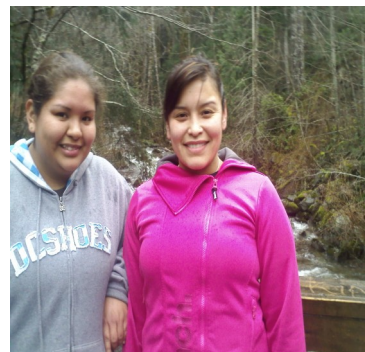
HHS partnered with TNT Fitness Studio. This program includes: Bootcamp, Core Fitness, Learn running routines, Meal Planning, Goal Setting, and Tracking Fitness

Progress. This program is held every Tuesday 9:30-11am and every Thursday



10-1pm. This fitness class is free to join and feel free to drop in!

We are constantly switching it up so you would never get bored! We've enjoyed hikes at Holland Park, Eve's Park, Che-mainus Lake, and much more!

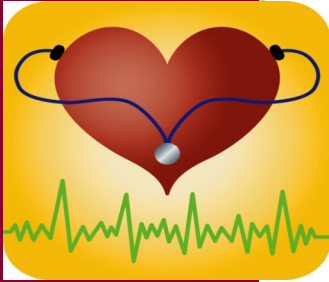


*"WE ARE TRAINING FOR THE TIMES COLONIST 10K RUN IN MAY. WE HAVE 10 PARTICIPANTS FROM OUR H'ULH-ETUN COMMUNITIES"*

## ELDER'S FOOD BOX

- **MUST HAVE A NURSE REFERRAL**
- **MUST BE 55+**
- **MUST ACCESS SERVICES AT**
- **HULHETUN HEALTH SOCIETY.**
- **MUST HAVE A CHRONIC DISEASE CONDITION**
- **(I.E ARTHRITIS, DIABETES, HEART DISEASE, DECREASED MOBILITY ETC.)**

# HOW HEALTHY IS YOUR HEART?



**HEART CLINIC IS  
MARCH 14 10AM-  
5PM**

**MONDAY  
MARCH 14  
10AM-5PM.**  
Come to the heart clinic at London Drugs pharmacy and find out! You will discover which

factors put you at risk of developing heart disease. Also assess your likelihood of developing heart disease. To register, visit or call London Drugs pharmacist @

250-701-6220. A finger prick blood sample will be necessary. A nominal fee will be charged. A tax deductible receipt will be issued.

*“YOU DON’T  
HAVE TO BRUSH  
YOUR  
TEETH...JUST  
THE ONES YOU  
WANT TO KEEP!”*

## DENTAL CLINIC WITH HELEN

Did you know every time you eat a snack or meal containing sugar or starch (carbohydrates), your teeth are exposed to an

acid attack that can last up to 20 minutes! Did you know that a single can of pop has up to 10 teaspoons of sugar in it? That’s a lot!

So try to drink water instead, and save your teeth from an acid attack that can cause cavities.

*“ELDER’S  
OF OUR  
COMMUNITY  
HOPE TO  
SEE YOU  
HERE”*



## ELDER’S LUNCHEON— MARCH 29

Hair cuts and manicures will be offered with a great meal so be sure to

mark this date in your calendar.

## BABY CLINIC

**Baby Clinic every Wednesday after-noon. By appointment only! Any ques-tions please call Barb or Shawna. Thank-you!**

*JOIN US EVERY MONDAY AT COWICHAN AQUATIC CENTER*

## AQUA FIT EVERY MONDAY

Aqua Fit is provided every Monday 5-7:30pm @ Cowichan Aquatic Center. Transportation is available on a first come first served basis. If you have any questions feel free to call @ (250)246-2127

## YOGA EVERY THURSDAY AT HALALT HEALTH UNIT

6-7PM Every Thursday @ Main office. Join us for the wonderful experience. This is open to all community members. Transportation is provided on a first come first served basis. All yoga equipment is provided, but please bring your own towel & comfortable clothes to wear. Yoga benefits you in so many ways. Yoga increases flexibility, strengthens muscles, improves immune system, improves nervous system & much more...

## H'ULH-ETUN HEALTH SOCIETY

8019 CHEMAINUS ROAD  
CHEMAINUS BC V0R 1K5

PHONE: 250.246.2127

FAX: 250.246.9537

EMAIL:

sherri.norris@hulhetun.ca

One heart, one mind!

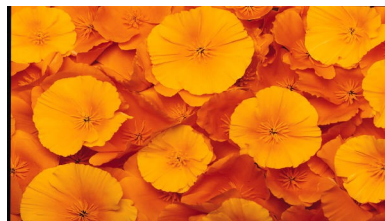
### 4 OPTIONS TO RECEIVE YOUR NEWSLETTER:

1. SEND YOUR INFORMATION (NAME/ EMAIL ADDRESS) TO [sherri.norris@hulhetun.ca](mailto:sherri.norris@hulhetun.ca) AND RECEIVE YOUR NEWSLETTER IN YOUR MAIL EVERY MONTH
2. ON OUR WEBSITE THE NEWSLETTER WILL BE POSTED
3. THE NEWSLETTER WILL CONTINUE TO BE DELIVERED ON A MONTHLY BASIS
4. OR YOU CAN COME PICK UP A COPY AT RECEPTION DESK



## H'ULH-ETUN HEALTH SOCIETY SERVICES

- HOME VISITS
- HOME SUPPORT
- IMMUNIZATIONS
- PRE/POST NATAL PROGRAMS
- ELDER'S LUNCHEON
- PRE/POST NATAL FOOD BOXES
- ELDER'S FOOD BOX
- FOOT CARE
- AQUA FIT
- YOGA PROGRAM
- YOUTH PROGRAMS
- PARENTING PROGRAMS
- MENTAL HEALTH
- ART THERAPY
- MAMMOGRAM DAY
- COUPLES
- COUNSELING
- SINGLES COUNSELING
- FAMILY COUNSELING
- WOMEN'S WELLNESS DAY
- MEN'S RETREAT
- FAMILY WELLNESS DAY
- BOOT CAMP
- AND MUCH MORE TO COME. SO WATCH FOR UPDATES.



Caption describing picture or graphic.