

HEALTHY HEADLINERS

INDOOR WALKING PROGRAM SET TO BEGIN IN NOVEMBER



The North Shore Family Health Team is happy to announce that we will be hosting the Indoor Walking Program once again this year. Our walks will be held every Tuesday and Thursday from 1:30 – 2:30 pm. You do not need to register for this program and it is completely free!! We will hold our walks in the Community Hall at the Schreiber Recreation Complex (subject to change when the hall is required for other functions).

We are also going to try something new with our walks this year. Once a month we are going to offer our walkers a healthy snack after their walk. This snack will be chosen by our Dietitian and **walkers will be encouraged to take part in the preparation of these snacks.**

The 1st Walk & Healthy Snack will take place on November 13, 2018 at 1:30 pm (walk) and 2:30 pm (healthy snack).

BARIATRIC SUPPORT GROUP

This group meets monthly alternating between Schreiber (J.E. Stokes Medical Centre) & Terrace Bay Library. Meetings are usually from 7:00 – 8:00 pm. The following are the meetings dates that have been set so far:

November 21, 2018 – Terrace Bay
January 16, 2019 – Terrace Bay
March 20, 2019 – Terrace Bay

December 19, 2018 – Schreiber
February 20, 2019 – Schreiber
April 17, 2019 - Schreiber

WELCOME MICHELE GILBERT

The North Shore Family Health Team would like to Welcome our new Registered Social Worker, Michele Gilbert. Michele is no stranger to Northwestern Ontario as she was born and raised in the area. She has a Bachelor of Arts degree in Psych, an Honor's Bachelor of Social Work degree from Lakehead University and a Masters of Arts in Counselling Psychology from Yorkville University. Michele is also a registered Yoga teacher, Zumba Instructor and Thai Yoga Massage Practitioner. We look forward to working with Michele and having her as a part of the Team!!



THE POPPY

Taken from the Legion website at www.legion.ca, 18 October 2018.

From the last Friday in October to Remembrance Day, millions of Canadians wear a Poppy as a visual pledge to never forget those who sacrificed for our freedom. The Legion and your North Shore Family Health Team encourages everyone across the country to show their recognition by proudly wearing this symbol of Remembrance and taking a moment to reflect.

BLOOD PRESSURE CLINICS

Collingwood Court
1st Wednesday of every month
From 11:00 a.m. – 12:00 p.m.
November 7, 2018
December 5, 2018

**October is Breast
Cancer Awareness
Month**



IN 2017 ON AVERAGE 72 CANADIAN WOMEN WERE DIAGNOSED WITH BREAST CANCER EVERY DAY. *STATISTIC TAKEN FROM THE CANADIAN CANCER SOCIETY WEBSITE.*

Allied Health Professionals

Nurse Practitioner – Sue Fairservice

Registered Practical Nurse – Lindy Coughlin

Registered Dietitian- Andrea Kennedy

Registered Social Worker – Michele Gilbert

Administration Staff

Administrator – Mary Lynn Dingwell

Administration Clerk – Cathy Cook

North Shore Family Health Team Board of Directors

Dr. Hurst; Dr. McLeod; Dr. Shaheen; Dr. Rushton

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