



MICHIPICOTEN FIRST NATION



Community Flyer



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Monday, Jan 22, 2018

“Be the change you want to see in the world”

~2018~	Monday Jan 22	Tuesday Jan 23	Wednesday Jan 24	Thursday Jan 25	Friday Jan 26	Saturday Jan 27	Sunday Jan 28
<u>Weather Conditions</u> 6am-6pm							
	Light snow	A few flurries	A mix of sun & clouds	A mix of sun & clouds	A mix of sun & clouds	Scattered flurries	Scattered flurries
<u>High</u>	- 11°C	- 14°C	-13°C	-7°C	1°C	0°C	-8°C
<u>Low</u>	-15°C	- 22°C	-19°C	-12°C	0°C	-8°C	-20°C
<u>24 hr rain</u>	—	—	—	—	—	—	—
<u>24 hr snow</u>	<1cm	<1cm	—	—	—	<1cm	~ 1cm

Anyone wanting to buy tickets for
Wawa Minor Hockey Association
CASH DRAW.

I will have tickets on me when I
deliver the weekly flyer on Mondays.

Also my mom Nancy will have
tickets next week. Tickets are
\$10.00 each for a grand prize of
\$5,000.00 cash.

Draw date is April 8th, 2018

@ 2pm in Wawa.

~Tyler Andre~



Don't forget to play
Community Flyer Bingo

Jackpot starting at \$442.00

You can win it in **58** numbers

Curves machines will be available during the day from
8am-4,30pm @ 3 Maple St. in Wawa. A scheduled
evening program will also be offered, just as soon as
a program calendar is finalized.

The van schedule is:

Leave MFN @ 8:30am to Wawa

Leave Wawa @ 11:30am to MFN

Leave MFN @ 12:45pm to Wawa

Leave Wawa @ 3:30pm to MFN



Medical Center Closed

Closed from

Monday, January 22, 2018

To

Friday, January 26, 2018

For assistance please call:

Holly Hughes at (705)856-1993 # 213

or

Chris Buckell at (705)856-1993 # 217

Poker Loppett will be available
again at the Medical Centre
from Monday, Jan 22nd to
Friday, February 2nd

\$2.00 per play

See Lena (CHR)



HEALTH CENTER CLOSED

The Medical Center will be closed from:

Monday, January 22, 2018

to

Friday, January 26, 2018

If you require anything please contact:

Holly Hughes (Band Manager) at

(705)856-1993 # 213

or

Chris Buckell at

(705)856-1993 # 217

We will re-open for our regular schedule on

Monday, January 29, 2018 @ 8am

~Sorry for any inconvenience~



"MFN GATHERING" FUNDRAISING COMMUNITY FLYER BINGO



PROGRESSIVE 50/50
\$2.00 A STRIP - 3 CARDS PER STRIP
JACKPOT STARTING AT: 485.00

NEED TO WIN IN 58#'S TO WIN THE PROGRESSIVE JACKPOT

AFTER 58#'S WIN CONSOLATION PRIZE {\$20.00}

**CHI-MIIGWETCH
FOR YOUR
SUPPORT!**

**NEW GAME STARTS EVERY MONDAY: #'S IN FLYER
GAME CLOSSES AT NOON ON FRIDAY**

**DON'T FORGET TO BRING
IN YOUR WINNING CARD
BEFORE THEN;
WE NEED TO VERIFY IT.**

BINGO CARDS ON SALE NOW UNTIL 11:00AM ON FRIDAY

GAME #: 40			WEEK: Jan. 22-26'18			CARD COLOUR: BLUE			STARTING CARD #: 67	
BALL #	FIRST 58#'S		BALL #	FIRST 58#'S		BALL #	FIRST 58#'s			
	Letter	Number		Letter	Number		Letter	Number		
1	G	52	26	B	7	51	N	39		
2	B	5	27	O	62	52	O	67		
3	O	75	28	G	60	53	G	53		
4	I	24	29	N	36	54	G	57		
5	B	12	30	B	2	55	N	41		
6	B	3	31	N	40	56	G	55		
7	I	16	32	O	65	57	O	74		
8	B	9	33	N	45	58	N	32		
9	B	13	34	O	68		REMAINING #'S			
10	O	72	35	G	47	59	O	69		
11	I	23	36	G	48	60	B	15		
12	I	22	37	I	28	61	G	58		
13	B	11	38	O	64	62	O	66		
14	G	59	39	N	42	63	O	61		
15	I	27	40	I	21	64	O	63		
16	O	71	41	I	19	65	B	1		
17	B	14	42	N	33	66	I	20		
18	B	4	43	I	30	67	G	54		
19	G	51	44	I	25	68	G	50		
20	I	29	45	B	8	69	N	37		
21	I	26	46	B	6	70	N	35		
22	G	49	47	I	17	71	I	18		
23	B	10	48	N	44	72	O	70		
24	N	31	49	G	56	73	G	46		
25	N	34	50	N	43	74	O	73		
Game #39 Consolation Winner: Linda Peterson						Won full card in: 62#'s	75	N	38	

REIKI AND MEDITATION WITH TINA



Reiki: A Japanese technique for relaxation and stress reduction that also promotes healing on physical, mental, spiritual, and emotional levels

½ Hour Reiki Sessions

11:00am-1:00pm

January 26th

February 9th & 23rd

Location: Family Well-Being Lodge, 3 Maple St.

To book your session please contact

Helga Moore

705 856 0129

Children's Sacred Circle



Location: 3 Maple , Wawa

Date: January 24,2018

Time: 3:30– 5:00

OPEN TO ALL

Light snack and supper will be provided



Antishinabek Family Care



**Biimaadiziwen
Wiidookaagewinini**
CULTURAL PROGRAM

For more information contact Helga Moore @ 705.856.0129 Ext 226

What do participants say?



- "Very encouraging and supportive"
- "I learned more than I expected"
- "Great tools to use for a healthier lifestyle"
- "I feel better about dealing with relapse and setting goals"
- "Glad for the follow up— it makes me feel accountable"

An analysis of ten groups showed that the Healthy You Program resulted in four-times greater weight loss than individual treatment and participant satisfaction was consistently positive.

Is there a cost for the program?

There will be no cost for you to take part in the program.

How do I join the program?

Ask for a registration form at the reception desk at the Wawa Family Health Team, and after closely reviewing it, you will be able to determine whether you qualify for the program. Once the form is completed, submit it to the receptionist at the clinic.

Registration for the Healthy You program will be open from Monday, January 15th– Friday February 2nd 2018.

The first 12 people to sign-up and meet the requirements listed on the registration form will be invited to attend the orientation session, where they can decide if they are ready to start the program. Those who have taken the program before are welcome to register again; first priority will go to those who have not yet participated in the Healthy You program. **The program sessions will be held at the Lady Dunn Health Centre every Tuesday, from 6:30-8:00pm, starting with the Orientation Session on February 20th 2018.**

For more information, please contact:
Wawa Family Health Team
705-856-1313



Healthy You Program, Fall 2013



Healthy You

Weight Management Program

**Lifestyle changes ...
 one step at a time ...
 for your health!**



See details on the
 upcoming program
 in February 2018!

© Hamilton Family Health Team 2007

What is the Healthy You Weight Management Program?

The Healthy You program is a group weight management approach that focuses on lifestyle changes that may help you reach and maintain a healthier body weight or shape.

You will learn about how nutrition, physical activity, self-esteem, the environment and your behaviours affect your body size. You will learn how to use this information in your day-to-day life by working with other group members doing practical activities and learning from each others' experiences.

The aim of this program is to help you make permanent lifestyle changes. This is not a program that focuses on "dieting". You set your own goals and make your plan to work towards them.

The program is available through the Wawa Family Health Team.

The program involves three phases:

- Orientation Session
- Lifestyle Modification
- Follow Up



The Orientation Session includes an overview of the program and opportunities for you to find out if you are ready to start this type of program and ask questions.

The Lifestyle Modification consists of 11, 90-minute weekly group sessions.

After the program is completed, you can attend Follow Up sessions with your family practice dietitian.

Different topics are discussed each week. An outline of the program is as follows:

- Week 1: Assessment, Eating Patterns, Healthy You Journal
- Week 2: Vitality, Goal Setting and Nutrition Basics
- Week 3: Mindfulness, Behaviour Change, Emotional Eating
- Week 4: Active Living and Community Resources
- Week 5: Carbohydrates, Fibre and Fluid
- Week 6: Protein and Fat
- Week 7: Meal Planning
- Week 8: Supermarket Savvy
- Week 9: Dining Out/Special Occasions
- Week 10: Managing Roadblocks, Saboteurs, Relapse
- Week 11: Healthy You Jeopardy and Your Vitality Tool Kit

What am I expected to do?

To get the most benefit from this program, you are expected to:

- try to attend all of the sessions. We recognize that you may have to miss some sessions due to factors beyond your control, but you should be able to attend the Orientation Session and most of the Lifestyle Modification classes.
- take part in group activities and discussions (based on your level of comfort)
- complete assessment and evaluation forms
- treat other people in the group with respect

What are the benefits and the risks?

We cannot guarantee any benefits to you from your participation in this program; however, possible benefits include knowing more about healthy eating, physical activity, and ways to feel good about yourself; gradual weight or inch loss; improvement in medical conditions such as high blood sugar, high blood pressure, or blood cholesterol problems.

There is very little risk to you by being a part of this program. However, since there is group discussion involved, there may be times when you may feel uncomfortable with what someone says.



Healthy You: Weight Management Program Registration Form

PARTICIPANT INFORMATION:		
Name (First and Last):		
Full Address:		
Phone Number - Home:	Work:	
Email Address (optional):		
Have you participated in the Healthy You program before? <input type="checkbox"/> Yes <input type="checkbox"/> No		
Please check off all that apply from the list below prior to submitting the form to the clinic:		
<input type="checkbox"/> You want a lifestyle/healthy eating approach to achieving a healthier weight		
<input type="checkbox"/> You are interested in a group class setting, can attend an Orientation Session and can commit to attending a 90-minute class each week for 11 weeks		
<input type="checkbox"/> You understand this group class is for weight management only. For other nutrition related issues please make an individual appointment with the dietitian		
<input type="checkbox"/> You have a BMI of 25 or more (18 to 59 years old) or a BMI of 29 or more (60 plus). Please see below for how to calculate this.		
<input type="checkbox"/> You are aware that we may contact you directly by phone, mail or email to provide information about the group, and that you will be asked to sign a consent form		
<input type="checkbox"/> You are able to speak/read/understand English		
How to Calculate your BMI:		
1. <u>Weight (kg)</u> (Height (m)) ²		
2. Go to the Canadian Diabetes Association website: www.diabetes.ca/diabetes-and-you/nutrition/bmi/		
Or- Leave BMI section blank and dietitian will calculate your BMI once she receives this form		
Please provide the following information about yourself:		
Height:	Weight:	BMI:

*** Please return this form to the reception desk at the Wawa Family Health Team by
Friday, February 2nd 2018***

The first 12 people to sign-up, who meet the requirements listed on the registration form, will be invited to attend the orientation session, where they can decide if they are ready to start the program. Those who have taken the program before are welcome to register again; first priority will go to those who have not yet participated in the Healthy You program.

For office use only:
Date Received:

Time Received:

Winter 2018