

Promote Healthy Living

Scw'exmx Community Health Services Society

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- ◆ **The Home & Community Care Department have Family Night Dinners that promote healthy choices in the meals that are served. The dinner is made using a recipe from a Diabetic Cook Book. A topic on a health issue is selected and education and information is provided at the dinner. A table is set up for Blood sugars and blood pressures for any community member that would like to have them done.**
- ◆ **We have a yearly food safe workshop along with nutritional tours at Save on Foods. We have a frozen meal dinners at program for those who are nutritionally at risk. A dietician has selected the recipes and approved them to be diabetic friendly and nutritionally sound.**
- ◆ **We have a Health and Wellness Swim and Gym Program that is available at the Aquatic Center to all community members.**
- ◆ **The Home & Community Care Department have an annual mammogram clinic, Diabetes Education Clinics, Orthopedic and mastectomy clinic, Food Skills for Family Workshop, foot care clinic, canning workshop, Chronic Disease Self Case Management Workshop. We have had an Annual Health Fair at the Civic Center for the past two years along with our Community Health Department here at the Civic Center. We look forward to doing this again in the future. All of these workshops and clinics promote healthy living for our community members and continue to support them on an ongoing basis.**

