



# MICHIPICOTEN FIRST NATION



## Community Flyer



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### Monday, September 14, 2015

### Affirmation for the week

Don't fix the present, create the future!

~2015~	Monday Sept 14	Tuesday Sept 15	Wednesday Sept 16	Thursday Sept 17	Friday Sept 18	Saturday Sept 19	Sunday Sept 20
<b>Weather Conditions</b> 6am-6pm							
	A few clouds	Mainly sunny	Mainly sunny	A mix of sun & clouds	Chance of a shower	A mix of sun & clouds	Mainly sunny
<b>High</b>	21°C	24°C	23°C	23°C	19°C	14°C	15°C
<b>Low</b>	15°C	18°C	18°C	18°C	13°C	9°C	10°C
<b>24 hr rain</b>	—	—	—	—	1 mm	—	—

# **BINGO NIGHT ON THE REZ!**

## **TUESDAY EVENING BINGO SOCIAL**

### **10-PLEX COMMON ROOM**

#### **At 6:30pm**

**SEE  
YOU  
THERE!**

*Only 16 years of age and older please.*



### **Diabetes Prize Bingo**

Thursday, September 17, 2015

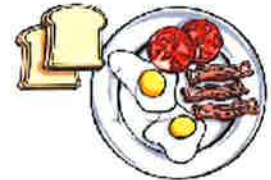
Complex @ 6:30pm

### **Community Breakfast**

Thursday, September 24, 2015

7:30am at the Band Hall

**All Welcome!**



Tuesday Evening Bingo will be cancelled on

**Tuesday, September 22, 2015**

Due to the Archaeological Artifacts Ceremony.

We will resume on

Tuesday, September 29, 2015 @ 6:30pm





**MICHIPICOTEN FIRST NATION**



**MEMBERS AND GUESTS**

You are invited to attend our

**Cultural Archaeological Artifacts Ceremony**



**“Coming Home”**



**Sacred Fire 4 days starting September 19, 2015 with**

**Ceremony and Community Feast on**

**Tuesday, September 22, 2015 at Michipicoten First Nation**

**Sunrise Ceremony at 6:00 am**

**MICHIPICOTEN FIRST NATION**

**Box 1, Site 8, RR 1, Wawa, ON P0S 1K0**

**Phone 705-856-1993 or Toll Free 888-303-7723, Fax 705-856-1642**

**[www.michipicoten.com](http://www.michipicoten.com)**

# *craving* change™

A How-to Workshop for Changing  
Your Relationship with Food

*Understand WHY you eat the way you do*

*Comfort yourself without food*

*Change your thinking, change your eating*

## **Details:**

**When: Tuesday nights (Sept. 15<sup>th</sup> to Oct. 20<sup>th</sup>) from 6:30-7:30pm**

**Where: Lady Dunn Health Centre**

*(also available through OTN at the Dubreuilville Medical Centre)*

**Presented by Rebecca Coughlin, Registered Dietitian**

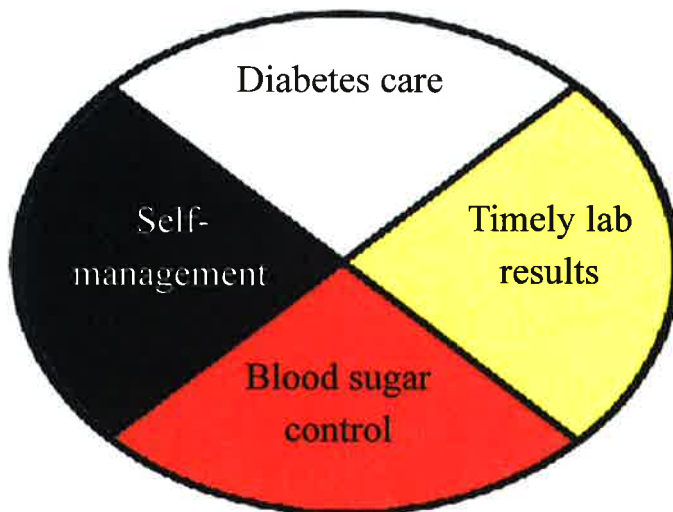
**Drop by the Wawa Family Health Team or the Dubreuilville Medical Centre  
to register for this free 6 week program!**

*For more information call 705-856-1313*

# Dilico Health Services Diabetes Program



Are you a diabetic, pre-diabetic, or have gestational diabetes? Dilico's new Diabetes Program offers personal diabetes care and education, as well as, foot care in the comfort of your home or at the clinic.



**For more information on Dilico's Diabetes Program visit the Michipicoten Complex and see the Diabetes Educator. Come have your A1C tested and receive your lab result within minutes.**

When: September 18, 2015

Time: 9:00am-1:00pm

A Lunch and Learn will be provided.

# Weight Loss Surgery Support Group

For Individuals who:

- \* Have had weight loss surgery or are considering it
- \* Have questions or experiences about weight loss surgery they would like to share with others
- \* Are interested in participating in a support group facilitated by health care professionals

**Upcoming meetings:**

**Thursdays Sept 3rd, Oct 1st, Nov 5th, Dec 3rd  
6:30-7:30pm in the Lady Dunn Health Centre,  
Lower Level Conference Room**



**WAWA**  Family Health Team  
Équipe de santé familiale  
*"Together... a healthier Community"*

Facilitators are: Brenda Melbourne, Social/Mental Health Worker &  
Rebecca Coughlin, Registered Dietitian

**Contact the Wawa Family Health Team at 856-1313  
for more information**



# Baby Massage Classes



**September 23 &  
September 24  
1-3pm  
2 Sessions**

**Instructor Suzanne Fitzpatrick, Aboriginal Healthy Baby Healthy Children Nurse will teach you how to provide the nurturing touch of massage to your baby. You will learn various techniques and the many benefits of baby massage including:**

- **Improved infant-parent attachment**
- **Relaxation leading to better sleep**
- **Awareness of the baby's body**
- **Sensory stimulation**
- **Improved skin condition & circulation**
- **Improved digestion**
- **Reduce crying**
- **Alleviation of colic & teething pain**

Please Register  
by calling: Lena @  
705-856-1993ext224



Anishinabek Family Care



**CANADIAN  
RED CROSS**



**STANDARD**  
**FIRST AID AND CPR-C**  
**CERTIFICATION**

Includes: **DEFIBRILLATION** Certification

**Friday September 25<sup>th</sup> 6-9pm**  
**Saturday September 26<sup>th</sup> 9am-4pm**



**\$95 PER PERSON**

**CALL:**  
**Trudy Dunham**  
**Call or text 705-852-1048**  
**[tdunha@adsab.on.ca](mailto:tdunha@adsab.on.ca)**  
**TO REGISTER**