



MICHIPICOTEN FIRST NATION



Community Flyer



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Monday, November 16, 2015

Affirmation for the week

Today I feel vibrant and full of energy.

~2015~	Monday Nov 16	Tuesday Nov 17	Wednesday Nov 18	Thursday Nov 19	Friday Nov 20	Saturday Nov 21	Sunday Nov 22
Weather Conditions 6am-6pm							
	Mainly sunny	A mix of sun & clouds	Rain	Mixed precipitation	Light snow	A mix of sun & clouds	A mix of sun & clouds
High	6°C	9°C	11°C	5°C	1°C	-2°C	-1°C
Low	3°C	8°C	6°C	0°C	-4°C	-4°C	-1°C
24 hr rain	—	5-10 mm	15-20 mm	-5 mm	—	—	—
24 hr snow	—	—	—	-5 cm	1-3 cm	—	-1 cm

BINGO NIGHT ON THE REZ!
TUESDAY EVENING BINGO SOCIAL
10-PLEX COMMON ROOM
At 6:30pm

SEE YOU

Only 16 years of age and older please.



Diabetes Prize Bingo
Thursday, November 19, 2015 @ 6:30pm
All are welcome to attend.
~Snacks provided~

Rene Mellish (Diabetes Educator) and Rebecca Coughlin (Dietitian) will be at the Medical Centre on Thursday, November 19, 2015 from 3:30pm-5:30pm for anyone wishing to see them.
(They will also attend the Diabetes Bingo)

Free Indoor Winter Walking Program @ Michipicoten High School in Wawa from 4:30 - 7:30pm
Every Monday, Tuesday, Wednesday, Thursday



Baby Massage Class



**Tue. November 17
10am-noon
Complex
Common Room**

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

Lunch provided
Door prizes
See you there!




Dilico

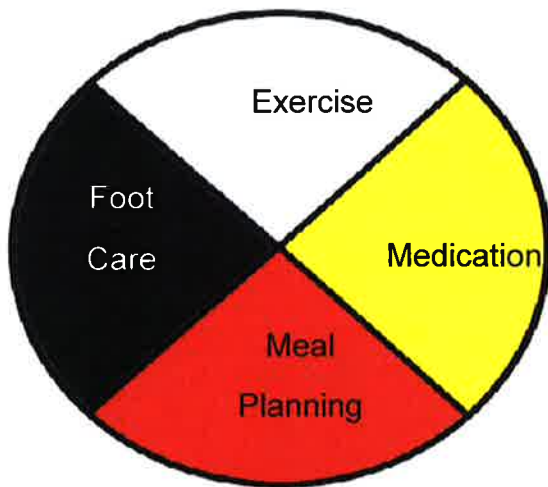
Anishinabek Family Care

Dilico Health Services

Diabetes Program



In-home and community based services committed to clients who require diabetes education for prevention of diabetes and diabetes care for individuals diagnosed with pre-diabetes, diabetes and gestational diabetes.



A1C and ACR lab testing available.

Receive your result within minutes.

(This two day program is for only those individuals with Diabetes to attend)

Visit Dilico's Diabetes Educator at the Michipicoten First Nation Health Clinic:

When: 3:00pm-5:00pm December 2 @ Medical Centre

9:00am-11:30 am December 3 @ Complex (Luncheon)

Foot Care Services Provided Upon Request

Has your doctor told you that your blood sugar is higher than normal, but you don't have type 2 diabetes? Are you at risk of type 2 diabetes? Do you have prediabetes?

Come to...

A Touch of Sugar

**Tuesday, November ~~16~~¹⁵~~th~~, 17th & 24th
6:30 – 8:00 pm**

**Location: Michipicoten High School (Class #1) and
Lady Dunn Health Centre (Classes #2 & #3)**

***Enjoy some physical activity and learn how to reduce your risk of type 2 diabetes!
To register, call Renée Mellish at the North Algoma Diabetes Education Program
at 705-856-2335 ext. 3108***



SHOW ME HOW & LET'S DO IT!

Please feel free to
bring your own
embellishments.



Material, ribbon &
thread provided.

Fancy Shawl Making

***Wednesday, Nov. 18, 2015 ***

***Wednesday, Dec 2, 2015 ***

4-5:30PM @ Michipicoten First Nation Cultural Lodge

PLEASE CALL 705-856-7354 or 705-856-1993 FOR MORE INFO.

EVERYONE WELCOME!

 superior children's centre
centre supérieur d'enfants



BestStartHub 
CarrefourMeilleur départ
Creating Children and Families with Community Services and Schools
Créer les enfants et les familles avec les services et les écoles des collectivités.

Niwin Apabowenan (4 Seasons) FUNdamentals - Mobility, Activity & Physical Literacy Program

Thursday, November 19th

-Indoor walking program, 4:30-5:30 pm at Michipicoten High School

Tuesday, November 24th

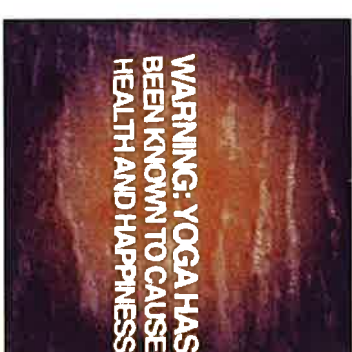
-Yoga/Taiji Fit Fusions, 5:00-5:45pm @ the 10-plex common room

Thursday, November 26th

-From Soup to Tomatoes exercises, 10:30-11:00 am @ the library

Monday, November 30th

-Youth Zumba (ages 16+), 4:00-4:45 pm @ the 10-plex common room



Contact Wendy or Tina to register or for more info call 705-856-1993 ext. 219.



Presentation Implementation Stage

MICHIPICOTEN FIRST NATION

Band Hall

Tuesday, November 24th, 2015

1 – 3 p.m.

For more information, please contact
Judy Binda, Project Coordinator
705.856.2335 Ext. 3153 or 1.866.832.3321 or email jubinda@ldhc.com

Thank you for your participation!



RBC Royal Bank



Attention Wawa Seniors!

**Keep Safe from
FRAUD**

***Telephone Scams * Internet Scams *Door To Door Scams
*Financial Scams * Mail Scams**

Join us and learn more about:

How you can identify and protect yourself.

Date: Thursday November 19, 2015

Time: 1:00 p.m. to 3:00 p.m.

Location: Michipicoten Memorial Community Centre
Banquet Room
3 Chris Simon Drive

If you require a ride you may call Wawa Transit at 856-5802
in advance to book your seat at no cost.