

Using technology...



Through the Chaboillé CDC and the Community Connections Program, a public access computer was added.

Programming Twice a Year

- **Topics are based on surveyed needs of community which also matched the results of the RHA's community needs assessment.**
- **Programming is done at The Health Corner, at other locations in town or in surrounding communities to adapt to the needs.**
 - **i.e. exercise classes in school gyms; health fairs in local community halls; seniors' days in seniors' residences.**

Communicating our Message

- **The Health Corner's resources and programming are promoted through a bi-annual, bilingual News Bulletin which is mailed out to all residences in St. Malo, Dufrost, St-Pierre-Jolys, Tourond, Otterburne, Grunthal and Aubigny.**
- **Each mail-out contains over 3,500 copies.**
- **At times a message from the Facility Manager has been included.**

Programming has included....

- **Topics such as:**

- menopause
- osteoporosis
- fibromyalgia
- arthritis
- diabetes
- cholesterol
- heart health
- cancer



Programming has evolved....

- Health education goes beyond traditional health-related issues. For example, our programming has evolved to include :
 - a variety of exercise classes
 - healthy cooking classes
 - walkathon on Trans Canada Trail



And has expanded...

- to include the creation of support groups
 - weight loss
 - cancer patients and families
 - living with depression
- and for larger audiences.
 - Women's Health Fairs
 - Seniors' Health Fairs
 - "His Health Day"
 - Agricultural Safety

