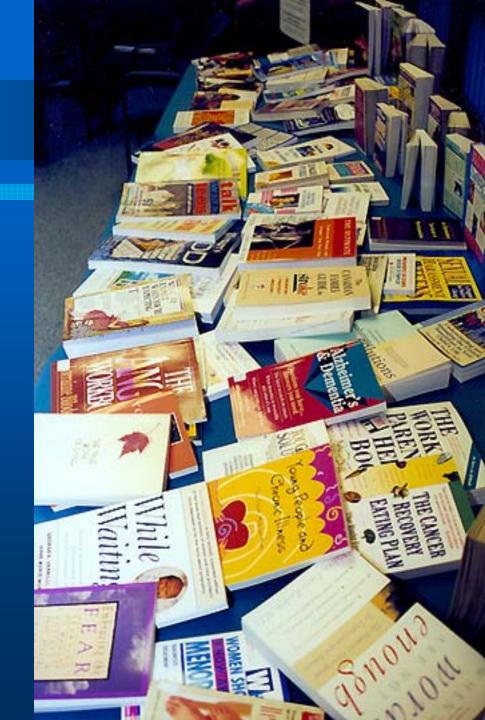
Books are regularly purchased.

Through a successful partnership with the Regional Library, they are displayed and lent out securely.



# 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 TransCanada 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

