

Your Monthly Workplace Wellness Planning Guide



Month	Health Theme	Public Health Unit 519-352-7270 or www.chatham-kent.ca/health	Resources from other Agencies
July/August 2008	Sun Safety	Pamphlets, display, handouts. Presentation about sun safety and skin cancer prevention.	Canadian Cancer Society 519-352-3960 or 1-888-939-3333 www.cancer.ca Canadian Dermatology Association 1-800-267-3376 www.dermatology.ca
	West Nile Awareness	Pamphlet, fact sheets, display.	Local Pest Control Companies www.healthcanada.ca
	Recreational Water Beach Sampling, Public Pools, Hot Tubs	Testing of public pools – call Public Health Unit for more information. Testing of local beaches during summer months. Beach sample results via local media and website www.chatham-kent.ca/health	
	"94 Days of Summer" Chatham-Kent in motion Walking Challenge June 15 – Sept 16, 2008	Pick up a pedometer and your "94 Days of Summer" booklet at your local Library. Go to www.chatham-kent.ca/health and select "94 Days of Summer" and follow the link to log your steps for a friendly Municipal challenge. Each Friday at approximately 9:50 a.m., 94.3 CKSY will announce which ward is in the lead!	
September 2008	National Arthritis Month		Arthritis Society 1-800-321-1433 handouts (cost for bulk handouts) www.arthritis.ca
	Prostate Awareness Week September 14 - 20, 2008	Pamphlets	Canadian Cancer Society 519- 352-3960 www.cancer.ca or www.prostatecancer.ca Cancer Information Hotline 1-888-939-3333 Ontario Division 416-488-5400 posters, handouts, videos (no cost)
	Fetal Alcohol Syndrome Awareness Day September 9, 2008	Pamphlets, posters, display	Motherisk Alcohol and Drug Use Helpline 1-877-327-4636 or 1-416-813-6780 www.fasworld.com www.healthcanada.ca/fas Chatham-Kent Addiction Program 519-436-2599 www.ckha.on.ca/mentalhealth
October 2008	Breast Cancer Awareness Month	Fact sheet, pamphlets, display. Presentation.	Canadian Cancer Society 519-352-3660 or 1-888-939-3333 www.cancer.ca Ontario Breast Screening Program 519-437-6012 (appointment) or 1-800-668-9304 (general information) www.cancercare.on.ca
	Supermarket Nutrition Tour October 18, 2008 in the evening	Learn about food labels, cholesterol, fibre and fat. To register call the Public Health Unit ext. 2478.	www.dietitians.ca
	Flu Prevention Month	For information on our Community Immunization Clinics call the Public Health Unit or check our website www.chatham-kent.ca/health . Pamphlets, posters, display.	
	World Breast Feeding Week October 1 - 7, 2008	October 11, 2008 - Breastfeeding Challenge: To have the most women nursing at one time, in one place (Ontario Early Years Centre). Special activities being planned throughout the week. To register call the Public Health Unit ext. 2903. See flyers or call for information on annual events.	Theme 2008: Mother Support: Going for the Gold www.infactcanada.ca
	World Mental Health Day October 10, 2008		Theme 2008: Making Mental Health a Global Priority: Scaling Up Services through Citizen Advocacy and Action www.wfmh.com Canadian Mental Health Chatham-Kent Branch 519-436-6100
	National Family Week October 6 - 12, 2008		Theme 2008: Strengthening Ties through Family Traditions www.familyservicecanada.org
	National Healthy Workplace Week October 20 - 26, 2008	Workplace Wellness display, pamphlets. Presentations and resource materials.	www.healthyworkplaceweek.ca www.nqi.ca/chww
	Eye Health Month		www.opto.ca

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November 2008	Osteoporosis Month	Pamphlets, fact sheets, display.	Osteoporosis Society of Canada 1-800-463-6842. www.osteoporosis.ca
	CPR Awareness Month	Pamphlets, fact sheets.	St. John Ambulance 1-888-551-3041. www.heartandstroke.ca
	Diabetes Month	Pamphlets, handouts.	Canadian Diabetes Association, Chatham-Kent Branch 519- 351-602. www.diabetes.ca
	Flu Prevention Month	For information on our Community Immunization Clinics call the Public Health Unit or check our website www.chatham-kent.ca/health Pamphlets, posters, display.	
	Drug Addiction Awareness Week November 16 - 22, 2008	Display, fact sheets, pamphlets	Chatham-Kent Addictions Program 519-436-2599. www.ckha.on.ca Centre for Addiction and Mental Health 519- 360-1829. www.camh.net
	National Child Day (Universal)	Pamphlets, handouts, display.	www.healthcanada.ca
	National AIDS Awareness Week November 24 - December 1, 2008	Pamphlets, fact sheets. Workshop, counseling, consultation.	AIDS Program Municipality of Chatham-Kent; AIDS Support Kent 519- 352-2121. www.cdnaids.ca www.aidsida.cpha.ca
December 2008	National Day of Remembrance and Action on Violence Against Women December 6, 2008		Status of Women Canada. www.swc-cfc.gc.ca Sexual Assault Crisis Centre, Business 519- 354-8908 Crisis 519- 354-8688. Chatham-Kent Health Alliance. www.ckha.on.ca/mentalhealth
	Operation Red Nose Weekends in December		WISH Centre 519-354-5248 www.operationnezrouge.com Call WISH Centre for dates, details or to volunteer.
	World AIDS Day December 1, 2008	Pamphlets, handouts.	www.cdnaids.ca

On-Going	Public Health Unit 519-352-7270 or www.chatham-kent.ca/health	Resources from Other Agencies
Car Seat Safety	Pamphlets, presentation, telephone consultation and help with car seat installation. Monthly car seat clinics held at the Downtown Fire Station, King Street in Chatham the third Tuesday of each month. To book an appointment call Public Health Unit ext. 2903	Infant and Toddler Safety Association (ITSA) (519) 570-0181 www.safekidscanada.ca
Drinking Water	Private well information, including interpretation of sample results and advice for corrective action.	
Parenting Classes Post Partum Depression Support Group Prenatal Breastfeeding Classes Prenatal Classes	1, 2, 3, 4, Parents, Nobody's Perfect, As Parent & Baby Grow, Baby Weigh In, One Day at a Time, offered at Ontario Early Years Centre For more information and to register call Public Health ext. 2903	Ontario Early Years Centre www.ckoeyc.ca
Sexual Health Clinic	Health care providers offer individual counseling and STI testing. Call Public Health Clinic Services 519-355-1071	
Start Walking Programs	For more information on dates and locations call Public Health ext. 2456	
Supermarket Nutrition Tours Cooking Demonstrations	Group Tours - for more information on dates & times call Public Health ext. 2478 Call for more details	
Vaccine Preventable Diseases	Immunization Clinics - by appointment. Call Public Health Clinic Services 519-355-1071	
TB skin Testing	For more information call Public Health ext. 2497	
Workplace Wellness Program	Take a look at the C-K Wellness online magazine at www.chatham-kent.ca/wellness and Health-e@ Work & Home online at www.chatham-kent.ca/library .	Canadian Health Network www.canadian-health-network.ca National Quality Institute www.nqi.ca/hwr