

Your Monthly Workplace Wellness Planning Guide



Month	Health Theme	Public Health Unit 519-352-7270 or CKhealth@chatham-kent.ca	Resources from Other Agencies
JANUARY 2009	National Non-Smoking Week January 19 - 25, 2009	Resources – print material, display, video, smoke free policy Telephone support 519- 352-7270 January 20 th – STOP on the Road. Free patches/inhalers Quit Smoking Contest - Driven to Quit (chance to win a car) For more information call 519-352-7270 ext. 2427	Canadian Cancer Society 519-352-3960 www.cancer.ca Smokers' Helpline 1-877-513-5333 The Lung Association 519-352-3790 OR 1-800-972-2636 Centre for Addiction and Mental Health 519-436-2599 OR 1-800-INFO ARF Heart and Stroke Foundation 519-354-6232 OR 1-800-HSF-INFO www.heartandstroke.ca Canadian Council for Tobacco Control www.cctc.ca
	Weedless Wednesday January 21, 2009	Smoking in cars legislation	www.quitsmokingontario.ca OR www.gosmokefree.ca www.smokefreeride.ca
FEBRUARY 2009	National Heart Month	Print resources, display	Heart and Stroke Foundation 519-354-6232 OR 1-800-HSF-INFO 24 hrs. www.heartandstroke.ca Healthy Living It's for Life Chatham-Kent 519-352-7270 ext. 2413 www.chatham-kent.ca/healthyliving
	Sexual and Reproductive Health Day February 12, 2009	Confidential clinics for low-cost birth control, STI testing in Chatham and Wallaceburg, counseling, education, referral, immunizations and treatments Call Public Health Clinic Services 519- 355-1071	www.chatham-kent.ca/health Planned Parenthood www.ppfca.ca
	Eating Disorder Awareness Week February 1 - 7, 2009	Nutrition print resources, consultation, healthy eating displays, workshops	National Eating Disorder Information Centre 1-866-633-4220 www.nedic.ca Bulimia Anorexia Nervosa Association (BANA) 519-969-2112 www.bana.ca
MARCH 2009	National Nutrition Month	2009 Theme – Stay active. Eat like a Champion. Presentation to help residents make informed food choices to support optimum nutrition for their active lifestyles. For more information call 519-352-7270 ext. 2478	Dietitians of Canada 416- 596-0857 - website only (information on nutrition) www.dietitians.ca Dairy Farmers of Ontario 905- 821-8970 www.milk.org
	"Help Fight Liver Disease" Month	Support for people living with Hepatitis, group education, testing, referrals and resources.	Canadian Liver Foundation 519-351-3362 OR 1-800-493-9258 www.liver.ca -handouts (cost for bulk handouts)
	National Farm Safety Week March 11 - 17, 2009	"Sun Safety" print resources, display, presentations	Farm Safety Association 1-800-361-8855, handouts, videos, presentations, workshops (no cost for presentations/workshops for agricultural groups) Canadian Safety Council www.safety-council.org
	International Women's Day March 8, 2009	Breast and cervical health print resources and display. Information display on working during pregnancy, fetal alcohol syndrome, smoking while pregnant.	Women's Health Resource Centre 419- 351-3716, library access(books & videos-no cost) Women's Health Matters 416-813-4711 www.womenshealthmatters.ca Status of Women Canada www.swc-cfc.gc.ca/
	Stop TB Day March 24, 2009	Video, factsheets, skin testing and information sheets	The Lung Association 519-352-3790 www.lung.ca - handouts (air quality in the workplace, smoking) videos (cost for bulk handouts and videos) www.stoptb.org
APRIL 2009	National Oral Health Month	Factsheets, display	Canadian Dental Association www.cda-adc.ca
	National Cancer Month	Sun Safety, skin cancer and breast health print resources, display and presentations	Canadian Cancer Society 519-352-3960 OR 1-888-939-3333 www.cancer.ca
	World Health Day April 7, 2009	Theme: 2009 "Health Facilities in Emergencies"	www.healthcanada.ca www.who.int/world-health.day
	National Volunteer Week April 19 - 25, 2009		www.volunteer.ca
	National Immunization Awareness Week April 19 - 25, 2009	Resource material, immunization clinics For more information call Public Health Clinic Services at 519-355-1071	Canadian Coalition for Adult Immunization www.nfid.org/ncai Canadian Immunization Awareness Program www.immunize.cpha.ca

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MAY 2009	National Fitness Month	Displays, presentations on physical activity and health	www.ophea.net/parc Active Living Canada www.hc-sc.gc.ca/real/fitness Active Living Canada for Older Adults 416-432-2069 www.alcoa.ca Summer Active www.summeractive.canoe.ca
	Emergency Planning Week May 4 – 10, 2009	Pamphlets: Emergency Planning Guide - 72 Hours, A Guide to Business Continuity Planning, What you should know about a flu pandemic, Be Prepared – Not Scared Emergency Display For more information call ext. 2417	www.epweek.ca www.getprepared.ca www.health.gov.on.ca/emergency Red Cross – Presentation, speaker, handouts
	National Summer Safety Week May 1 – 7, 2009	Sunsense and skin cancer prevention print resources, display and presentation	Red Cross (Water Safety) 1-888-890-1997 - handouts, posters, stickers (cost involved) Canadian Safety Council 1-613-739-1535 www.safety-council.org Canadian Cancer Society 519-352-3960 OR 1-888-939-3333 www.cancer.ca
	Safe Boating Week May 16 – 22, 2009	Pamphlets, posters	www.ccg-gcc.gc.ca Canadian Coast Guard's Office of Boating Safety 1-800-267-6687
	Sexual Assault Awareness Month	Emergency contraception and referral. Call Public Health Clinic Services 519- 355-1071	Sexual Assault Crisis Centre of Chatham-Kent 519-354-8688 Sexual Assault Crisis Centre for Men 519-354-5407
	World No Tobacco Day May 31, 2009	Print material, display, video, smoke free policy Telephone support 519-352-7270	See January
	North American Occupational Safety and Health Week May 3 - 9, 2009	Health-e @ Work & Home online at www.chatham-kent.ca/library	Canadian Centre for Occupational Health and Safety 1-800-263-8466 www.ccohs.ca/oshanswers NAOSH www.naosh.org 2008 Theme: Start today! Live it everyday!
	National Road Safety Week May 12 – 18, 2009	Posters, display, factsheets	Ministry of Transportation www.mto.gov.on.ca Canadian Safety Council www.safety-council.org
National Sun Awareness Week May 25 - 31, 2009	Handouts, flyers, colouring pages "Sunsense" print resources, display, presentations	Canadian Dermatology Association www.dermatology.ca 1-800-267-3376	
JUNE 2009	National Water Safety Week June 2 - 9, 2009	Display	Red Cross (water safety) 1-888-890-1997 www.redcross.ca Canadian Coast Guard's Office of Boating Safety 1-800-267-6687 www.ccg-gcc.gc.ca
	Food Safety Awareness/Summer Food Safety	Workshop, consultation, posters/flyers, factsheets, videos	Health Canada www.hc-sc.gc.ca/english/feature/summer
	Seniors Month	Pamphlets, displays	www.phac-aspc.gc.ca/seniors-aines www.uwo.ca/actage/

On-Going	Public Health Unit 519-352-7270 or CKhealth@chatham-kent.ca	Resources from Other Agencies
Car Seat Safety	Pamphlets, presentations, telephone consultation and help with car seat installation. Monthly car seat clinics being held at the Downtown Fire Station, King Street in Chatham the third Tuesday of each month. To book an appointment call Public Health ext. 2903	Infant and Toddler Safety Association (ITSA) 519- 570-0181 www.safekidscanada.ca
Cessation Programs	Call ext. 2427 for more information	www.smokershelpline.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 Monthly day and evening prenatal classes For more information and to register call Public Health ext. 2903	
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	
Vaccine Preventable Diseases / TB skin testing	Immunization Clinics – by appointment. Call Public Health Clinic Services 519-355-1071 for more information	
Workplace Wellness Program	Take a look at 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