



Rural Health Programs West Carleton-March Ward January to June 2010

For more information or to register for programs, please call the public health nurse, Kim Ou, at 613-580-6744 ext 26234 (Community Office: West Carleton Community Complex, 5670 Carp Road, Kinburn).

If you would like to be notified of future public health programs as well as workshops and presentations offered by other health agencies, web-based health resources and other health related information, please call the public health nurse to have your name added to the email distribution list.

| Program <i>(There is no charge for programs unless otherwise noted)</i> | Date /Time / Location |
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| <p><u>West Carleton Walking Clubs:</u> Walking clubs are for anyone interested in improving or maintaining their fitness level. Drop in or come regularly, whichever you prefer.</p> | <p><u>Kinburn Indoor Walking Club</u> Tuesdays, 9:30 to 10:30 a.m. Kinburn Community Centre, 3045 Kinburn Side Road, Kinburn</p> <p><u>Constance Bay and Buckham's Bay Indoor Walking Club</u> Tuesdays and Thursdays, 9:30 to 10:30 a.m. Year Round Constance & Buckham's Bay Community Centre, Upper Floor, 262 Len Purcell Drive, Constance Bay</p> <p><u>Fitzroy Harbour Indoor Walking Club</u> Mondays, Wednesdays, Fridays, 9:30 to 10:30 a.m. Fitzroy Harbour Community Centre, Upper Floor 100 Clifford Campbell, Fitzroy Harbour</p> <p><u>Carp Outdoor Walking Club</u> Thursdays, 8:45 a.m. to 9:45 a.m. Meet outside the Erskine Johnston Arena at Carp Fairgrounds. Please dress for the weather.</p> |
| <p><u>Active Seniors Exercise Class</u> A low impact exercise program designed to increase participants' levels of mobility, flexibility and cardio fitness. Drop in or come regularly, whichever you prefer.</p> | <p>Thursdays, 10:30 to 11:30 a.m. West Carleton Community Complex, 5670 Carp Road, Kinburn (Council Chambers)</p> |
| <p><u>11th Annual WinterWalk 2009/10 – Olympic Spirit</u> Join us as we virtually travel the beautiful through Ontario. Keep track of your total monthly minutes of physical activity and contribute them to the total "kilometres walked" by West Carleton-March Ward residents. All activity counts including planned exercise and household chores. (20 minutes= 1km). You can also use a pedometer throughout the day. (1250 steps= 1km)</p> <p><u>WinterWalk Finale Party</u> Participants are invited to come together to celebrate their accomplishments.</p> | <p>December 1, 2009 to April 30, 2010 Join anytime! Report your "kilometres walked" to your Public Health Nurse anytime up to April 30. Remember to include all types of activity-whenver and wherever you are physically active.</p> <p>Wednesday May 12, 2008 from 6:00 to 8:00 p.m. West Carleton Community Complex, Council Chambers, 5670 Carp Road, Kinburn RSVP to Kim Ou by May 5th.</p> |

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| <p><u>Well Water Sample Collection</u> Proper and regular testing is the only way to know if your water is safe. Samples are tested for E.coli and total coliforms. Sample bottles can be picked up during working hours and then dropped off during the indicated dates and times at these community partners. Samples must be collected in Ministry of Health sample bottles and returned by the collection date within 24 hours of the sample being taken. Samples should be refrigerated until ready to be dropped off.</p> | <p>Sunday, May 2nd from 9 a.m. to 7 p.m. Fire Station 45, 1040 Riddell Drive, Kanata</p> <p>Sunday, May 2nd from 8 a.m. to 7 p.m. Dunrobin Meat & Grocery, 2808 Dunrobin Rd., Dunrobin</p> <p>Tuesday, May 4th from 9 a.m. to 9 p.m. Darvesh Grocery, 3084 Kinburn Side Rd., Kinburn Faith Foodliner, 433 Donald B. Munro Dr., Carp</p> <p>Tuesday, May 4th from 7 p.m. to 9 p.m. Fire Station 84, 3449 Old Almonte Road, Corkery</p> <p>Tuesday, May 11th from 7 a.m. to 9 p.m. Lighthouse Restaurant, 655 Bayview Dr., Constance Bay Harbour General Store, 2391 Fitzroy St, Fitzroy Harbour</p> |
| <p><u>Country Lunch & Learn Diners Clubs</u> An opportunity for older adults to enjoy a heart healthy meal while learning about topics that promote healthy living. Hosted by the Western Ottawa Community Resource Centre and Ottawa Public Health (Rural Health Program). Please note: registration must take place at least 7 days in advance at 613-591-3686, ext 272. Transportation can be arranged on request. Fee: \$7.00.</p> | <p>One Friday per month from 11:30 a.m. to 1:30 p.m. February 12th March 12th April 9th May 14th All Country Lunch 'n Learn Diners Clubs are held at Kinburn Community Centre, 3045 Kinburn Side Road, Kinburn</p> |
| <p><u>Country Kitchen Community Cooking Program</u> Join other members of the West Carleton-March community in a fun atmosphere as we come together to prepare and eat healthy, nutritious and tasty food using mostly locally grown produce. Learn about cooking basics, nutrition tips, cooking on a limited budget, canning, and many other aspects of food shopping and preparation. A portion of all food will be donated to the West Carleton Food Bank. Transportation and childcare funds are available if needed. Volunteers and donations of food/produce are welcome. <u>Fee</u>: \$5 or pay what you can. **Registration is required for each workshop.</p> | <p>One Saturday per month at rotating locations: Kinburn Community Centre, Fitzroy Harbour Community Centre and St. Paul's United Church Carp from 10:00 a.m. to 1:00 p.m.</p> <p>March 27th – Fitzroy Harbour Community Center April 24th – St. Paul's Church, Carp May 22nd – Kinburn Community Center June 19th – Fitzroy Harbour Community Center</p> <p>This program is offered in partnership with the Western Ottawa Community Resource Centre.</p> |
| <p><u>CPR Training</u> Learn important life saving techniques such as helping someone who is choking; performing CPR on an adult, child and infant; and using an Automatic External Defibrillator. Open to anyone 12 years of age and older. This course is especially valuable for parents, childcare givers, coaches and friends/relatives of those with chronic cardiovascular disease.</p> | <p>Saturday, March 27th Kinburn Community Centre, 3045 Kinburn Side Rd, Kinburn 9: 00 a.m. to 1:00 p.m. Pre-registration is required at ottawa.ca/cpr or call 613-580-2424, ext 32434 This program is offered in partnership with City of Ottawa paramedics.</p> |
| <p><u>Diefenbooker People 'n Pooches Walk</u> Bring yourself, family friends and even your pooch to enjoy a scenic walk around Carp village as part of the annual Diefenbooker library fundraiser.</p> | <p>Saturday, May 1st – 9:30 a.m. Contact Kim for more information</p> |