



Victoria Community Health Co-operative

Chair: Vanessa Hammond vichealthcoop@gmail.com Treasurer: Kevin Campbell Kevin.campbell065@gmail.com

Donate on the **VCHC** website or, for a charitable donation receipt, on <https://wellnesscharity.ca/>



Four Weeks of Well-being - Focusing on one theme for each month, several speakers will make short presentations on different aspects of the topic. Both speakers and participants contribute to the conversation and questions are welcomed. Upcoming topics include: the benefits of animal companions, understanding dementia, eating a healthy vegan or vegetarian diet, maintaining friendships as we age, understanding our medication, tools for managing stress, depression and anxiety. vichealthcoop@gmail.com

Hans Kai This highly adaptable "group learning" program originated in Japan. The group (which can be a group of workplace colleagues, young families, seniors, knitting groups, etc.) meets regularly for a wellness check, discussion of a health or wellbeing topic, exercise, a snack and good conversation. vichealthcoop@gmail.com

I remember when Do you enjoy reminiscing in the company of others, or even think about setting down your memories. Let's do it together! vichealthcoop@gmail.com

Your Choice Discussions. Presentations and discussions. What would you like to lead or hear about? First topic offered – "Yes, blind people DO draw, join us by Zoom to learn about the work of Dr. John M Kennedy." What is your topic? vichealthcoop@gmail.com

Registered Nurse Services. Our RNs offer full Scope of Practice appointments plus home visits – covered by your BC Care Card. We are working hard to hire additional nurses. To book an appointment contact vichealthcoopRN@gmail.com or 250-857 3572.

Garden program. Under the guidance of Yvonne Parti, the CSVAC Garden Committee Chair, Pacific Rim College, and led by Vinny Awasthi, gardening workshops teach us about Indigenous Pollinator Garden and Permaculture principles and how to care for plants and pollinators. vichealthcoop@gmail.com

Community retail space. Help us fundraise through the sale of health, wellness and art items in our new retail space. Contact us directly to inquire or stop by the reception area to leave your business card. vichealthcoop@gmail.com



Let's Say Hello Interested in finding new acquaintances? Would you like to receive a phone call once a week for a friendly chat? Or do you know someone who would enjoy a regular chat or check-in? Christmas can be a lonely time. Get in touch with us. Email vichealthcoop@gmail.com or click on the website victoriahealthcooperative.com

The BC Self-Management programs such as "Living a Healthy Life with Chronic Pain, Chronic Condition and Diabetes". Email or call the RNs vichealthcoopRN@gmail.com or for information about and support for these programs and any other questions/issues about ongoing health concerns or conditions.

Your Wellness Plan. Work with one of our Registered Nurses to develop your wellness plan so that 2022 can be the best possible year. Group and/or individual coaching can support developing your wellness/health action plan so that 2022 can be your best year ever. vichealthcoopRN@gmail.com