



TSUUT'INA HEALTH AND WELLNESS SERVICES



Diganádàts'idinìdàh

Newsletter

STRUCTURE

PROGRAMS

AVAILABLE SERVICES

EVENTS

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403.251.7575

@tsuutinahealthcentre



DIRECTORS MESSAGE



"The Tsuut'ina Health & Wellness Services (previously the Health Centre and Healthy Living Program) is moving in a new direction, developing a preventative and proactive service and support framework to build a long-lasting, healthy community. The Tsuut'ina Health & Wellness Services has a team of over 60 staff that continues to expand with the new direction and future initiatives. The programs will also work closely with other Tsuut'ina Nation programs to ensure an individual's social determinants of health are met through a client-centered approach through best practices, navigating all necessary supports from a hybrid model to include modern, holistic and traditional care. As the program continues to grow and moves in a new direction, community feedback and engagements will be the main priority when providing a high standard of care, programming and initiatives to build a healthy community for future generations."

Respectfully,
Lacy Runner MC, CCC
Director of Health & Wellness Services
Tsuut'ina Health Services
Email: lacy.runner@tsuutina.com
Cell: (587) 834-8147
Phone: (403) 251-7575



Diganádàts'idinìdałí



TSUUT'INA HEALTH AND WELLNESS SERVICES

The Tsuut'ina Health & Wellness Services were granted a traditional name on June 18th, 2024, from respected Tsuut'ina Nation knowledge keepers, Bruce Starlight, Deanna Starlight, Bernice Starlight, Gerald Meguinis and Audrey Pipestem. The knowledge keepers shared the Tsuut'ina word, Diganádàts'idinìdaí, translating to "turning around or reverse." The meaning behind the word "Diganádàts'idinìdaí." supports the new direction of the Tsuut'ina Health & Wellness Services of operating in a proactive and preventative framework to address the historical and intergenerational trauma to help individuals from a client-centred approach to regain their identity through a hybrid model of western and cultural practices. The Tsuut'ina Health & Wellness Services, previously known as the Health Centre and Healthy Living Program, would like to share its new logo and name with the community.



Diganádàts'idinìdaí

The Wellness Team (previously called the Prevention Team) sought consultation from Tsuut'ina Elders and knowledge keepers Gerald Meguinis and Jeanette Starlight on the design and meaning of the new logo. Elder and knowledge keeper Gerald Meguinis shared that the logo should be simple, with an elderly woman walking with children to represent "leading our children into a brighter future." Jeanette Starlight, elder and knowledge keeper, also shared to incorporate the eagle, river and land to represent healing and spiritual aspects. The new logo of the two programs amalgamated under one vision represents the long-term goal of building a healthy community for future leaders.

PROGRAMS AND SERVICES:

- Homecare
- Medical Transportation
- Medical Clinic
- Family Practice Doctors Clinic
- Dental Clinic: 3 days a week
- Blood Collection Services: 3 days a week
- Psychologists
- Aboriginal Diabetes Initiative (ADI)
- Mobile Optometry: 1 day a month
- Day Programs (outpatient program)
- Public Health
- Water Testing
- CHILDREN'S Oral Health Initiative
- Community Health
- Non-Insured Health Benefits
- Outreach
- Wellness Team
- Women's Supportive Housing
- Programming available to the community with a focus on culture, landbased teachings and language.
- Wellness Program
- Addictions Counsellor
- Mental Health Liaison

CONTACT INFORMATION:

MAIN RECEPTION 403-251-7575
PHARMACY 403-251-6700

HOURS OF OPERATION
MON-FRI 8:00-4:00



HOMECARE AND COMMUNITY CARE

About

Home and Community Care services are provided to Nation members based on needs identified through a client assessment. The belief of care is to help clients keep their independence in their own home and allow them to be close to their loved ones as long as possible. Quality Home Care services are provided in a holistic culturally sensitive manner that looks at the client's physical, social, spiritual and emotional needs. The services will support and improve the care provided by the family and community but should not replace it.

Home and Community care services are provided mainly by registered nurses, licensed practical nurse, health care aides and home support workers at the community level. The referral to home Care can be done by any community member, family members, friends , doctors, neighbors or hospitals by calling the Home Care program at 403 251 7575.

Services

- Client Assessment
- Case Management
- Home care nursing : vital signs monitoring, injections administration, wound dressings, booking medical appointments, foot care , medication delivery, medical equipment procurement, hospital discharge planning
- Personal care: help with activities of daily living like bath assistance
- Home support: help with light housekeeping, laundry, meal preparation
- In home respite services: caring for clients in their home so their family can have a rest.

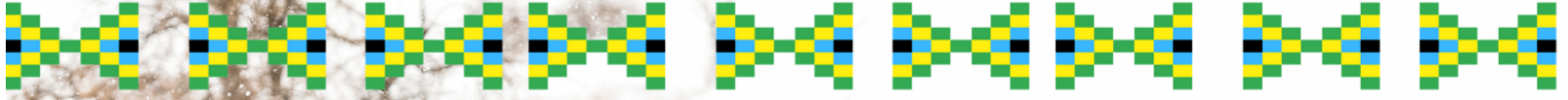
Home Care services will benefit clients of any age who have an assessed need who :

- Have been discharged from hospital
- Have an illness or medical condition needing follow up care
- Are unable to live alone at home
- Have a disability requiring assistance to live on their own
- Need nursing care in their home
- Choose to live at home instead of in a long-term care facility as long as it's safe and services are available.

Homecare Staff

- Veronica Grosariu, RN. Home Care Coordinator
- Kirsti Skaret, RN. Home Care Nurse
- Rishma Sajan, RN. Home Care Nurse
- Ditas Cania, LPN. Home Care Nurse
- Tasha Chief Moon Health Care Aide
- Gina Claus Health Care Aide
- Diana Dormitorio Health Care Aide
- Janette Samudio Health Care Aide
- Nichola Conway Home Support Worker





MEDICAL TRANSPORTATION



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Criteria

- One of the Medical Transportation Benefit Criteria is transportation will be provided to the nearest appropriate health professional or health facility.
- Medical Transportation is for medical appointments only!
- We follow the Medical Transportation Policy Framework through the Non-Insured Health Benefits (NIHB) program & First Nations and Inuit Health Branch.



We require

- When you call to book please tell us, address, and name, phone number of the medical facility and doctor's name of where your appointment is.
- Also please tell us where you need to be picked up, house number as well as phone number.
- to 48 hours' notice of appointment date, time, name of doctor and where to pick up client.
- Clients must be accompanied by an escort when needed. Escort must stay with patient at all times.
- Please call the day before your appointment in case there is a change.
- Be ready 1 hour before your appointment.
- We also reserve the right to refuse a client if they are verbally abusive to the drivers in anyway.

Missed Appointments

- If you miss more than 1 unexplained absence to appointment then it will be subject to review for their next trip.
- PLEASE CALL IN IF YOU CANCEL YOUR RIDES TO YOUR APPOINTMENT.....

Drivers

- Beverly Meguinis
Medical Transportation Coordinator
- Adele Heavenfire- Fulltime driver
- Kim Littlelight - Full time driver

MEDICAL CLINIC

ABOUT

The Medical Clinic strives to be a culturally safe space for community members to receive medical care. We book by appointment and do our best to triage and see urgent issues as soon as possible. We have 1-3 doctors that work shifts per day. For those we are unable to see soon enough, we refer to the city. Family physicians send referrals to specialists for more specific care. We see community members that live on or off the Nation. Building strong therapeutic relationship with community members is essential. The clinic is going through a growth spurt and we look forward to continuous improvement in patient care.



FAMILY PHYSICIANS

- Dr. Anne Kittler
- Dr. Christin Hilbert
- Dr. Elizabeth Erasmus
- Dr. Karishma Mehta,
- Dr. Melanie Morgan
- Dr. Neill Fox
- Dr. Venessa Shaneman
- Dr. Alanna Martineau

ONCALL PHYSICIANS:

Dr. Monica Skrukwa, Dr. William Forsey, Dr. Nicole Mensik.
The family physicians assess, diagnose, follow up on current medical issues, provide treatment, connect to resources, routine checkups, family planning, non-complex procedures and refer patients when needed.

MONTHLY SPECIALISTS

- The monthly specialists provide specific care in clinic based on specialty.
- Luke Rannelli Internal Medicine
- Dr. Mariah Fahey OB/GYN
- Dr. Cheryl Barnabe Rheumatologist

NURSES

- The Medical Clinic Nurses room and assess patients, triage patients, provide assistance to physicians when needed. Including advocating for patients, follow up on referrals, wound dressing changes, injections, ear flush, stitch removal, provide resources and connect with other Health Centre departments.
- Irish Claus - LPN
- Allyse Wasylyshen -LPN
- On-call Chantelle Mills - RN

MEDICAL ASSISTANTS

- The MOA answers phones, schedules appointments, oversees documentation, critical connector in clinic functioning and more.
- Trasel Almarinez, MOA

CLINIC COORDINATOR

- The Clinic Coordinator oversees the clinic staff, scheduling physicians, advocate and promote Tsuut'ina health and wellness. The Coordinator assists nurses as needed including the point of contact for community members that would like to give feedback or have questions regarding how the clinic can support their health/wellness journey.
- Moriah Whitney, LPN Coordinator
- moriah.whitney@tsuutina.com

CALL TO BOOK APPOINTMENT!

MEDICAL CLINIC HOURS

Mon-Fri 8:00am-4:00pm

Dental Clinic: 3 days a week

**Blood Collection Services:
3 days a week**

PSYCHOLOGISTS



THERAPISTS

Please call to book an appointment.

- ANGELA GRIER
403-890-7179 ANGELAGRIER@GMAIL.COM

- LAURELLE LARSON
Tuesday, Thursday & Fridays Ages 16+

- CHRIS SCHOEPP
Available every Wednesday All ages Welcome!
PHONE: 403-932-7580
CHRIS@WESTBROOKCOUNSELLING.COM

Diganáda's'idinìdaí



ANGELA GRIER
M. Ed Counselling Psychology

Angela Grier M. Ed Counselling Psychology (Piikani/ Blackfoot) is a Registered Provisional Psychologist. Grier has over 25 years of working and supporting First Nation individuals/ communities through direct and systemic approaches. Over the past two years, Angela was the first Indigenous staff member at the national office for the Canadian Counselling and Psychotherapy Association in Ottawa. This experience created the opportunity to bring national attention to Treaty Seven mental health issues, especially around the opioid and drug crisis during her time as a Federal Lobbyist. Her work within post-secondary institutions, Southern Alberta Institute of Technology (SAIT), the University of Lethbridge (U of L) and as a member of the guest faculty for 15 years at the Banff Centre, in addition has given Grier the opportunities to participate in meaningful research and education streams that directly impact Indigenous communities here in Treaty Seven. Angela says, However nothing has been more important than my work directly with children and youth, including my own four children and granddaughter. My work with the Office of the Child and Youth Advocate (OCYA) included education and advocacy surrounding children's rights and bringing attention to the overrepresentation of First Nation and Indigenous children in care. My late mother Sandra Grier, was an avid advocate for First Nation children and communities, and she provided much influence for this journey. I have also enjoyed many years of service in my home community of Piikani, including working within suicide intervention and prevention, counselling, youth advocacy and as an elected member of the Piikani Nation Chief and Council. I am very excited to continue supporting First Nation mental health directly through this important and honorable work with the Tsutina Nation.

Over the past 25 years, Laurelle has been working within First Nation Communities ranging from Treaty 7 to Treaty 8 territories providing counselling services. For the past nine years, she has been working with the TsuuTina Nation providing services to community members ages 16 and up. Laurelle specializes in Psychodynamic approaches of therapy to help clients understand the root causes of current mental health struggles such as Anxiety or Depression. She uses 2 different approaches to work with historical or recent trauma, those are EMDR (Eye Movement Desensitization and Reprocessing) and SE Somatic Experiencing which is body focussed. In addition, she has International Addiction Training which she can assist with Substance and Behavioural Addictions for both those struggling and supporting family members. Laurelle says, "I absolutely love my work supporting my clients on their healing journey. I am happy to provide a phone consultation to new clients to answer any questions and explain my services".



Laurelle Larson
MA Psychologist



Chris Schoepp
Registered Psychologist

Christopher Schoepp is a Registered Psychologist with a more than 10 years' experience working with clients in Morley, Big Horn, Eden Valley and Tsuu T'ina. His experience living abroad and travelling extensively as well as his experience working with various First Nation communities in Alberta has led to an awareness and respect for cultural diversity that permeates his professional practice. Chris has worked in a variety of settings including behavioural treatment centers, community health centers, schools and private businesses. He managed community-based teams designed to build resilience in children, youth and families in three Alberta communities. Chris provides service to children, adolescents, couples and adults with concerns such as anxiety, depression, emotional regulation, aggression, transitions, trauma and family conflict. He has also worked extensively with children and families involved with the Child Protection system. Chris believes that the client/therapist relationship is the foundation of therapeutic success and that the approach taken must work for the client. Chris has experience in a number of therapeutic approaches including Cognitive Behaviour Therapy, Dialectical Behaviour Therapy, Solution Focused Therapy, Motivational Interviewing, and Narrative Therapy. In addition to providing counselling services, Chris is able to provide educational psychology services, including universal and targeted school programming, staff training, behaviour observations and psychoeducational assessments, as well as adult assessments.

GUJ'A PUBLIC HEALTH EDUCATION



PARTNERSHIPS

We believe that strong and lasting partnerships with community programs are key to supporting wellness and preventing chronic disease. Some of our wonderful partners include:

- Bullhead Adult Ed.
- Chiila Elementary
- Communications
- Daycare
- Disability program
- Elder's Program
- Ever Active Schools
- Food bank
- Fresh Routes



Guja/Fresh Routes Mobile Market

As part of our weekly produce market we:

- Provide a safe and affordable shopping experience for community members to purchase produce within their community
- Partner with local programs to provide vouchers to reach those with the greatest food insecurity

Nutrition Support

- Chronic disease management and prevention through Individual and family nutrition support (clinical or self-referral)
- Prenatal nutrition, infant feeding, breastfeeding, family meals
- Caterer training and menu development
- Healthy school/daycare program support
- Wellness workshops and work place health initiatives
- Group/individual support for emotional eating
- Cooking programs for groups such as kids in the kitchen, diabetes, parenting and disability

Diabetic Eye Screening

Many people living with diabetes have some form of eye damage or "diabetic retinopathy". It can lead to vision changes and blindness

- Retinal photography allows early detection
- Diabetic retinopathy may not have any symptoms at first—finding it early can help protect your vision
- Everyone who has diabetes should get an eye exam once a year

School-based programs

- Wellness club: noon hour leadership and healthy living skills for grades 1 to 3
- Grades 3 & 4 diabetes prevention 17 week curriculum
- Grade 5 & 6 after-school cooking club "Masterchef"
- Middle school food literacy curriculum
- Support for physical activity by providing funds for after-school fitness class and needed gym equipment
- Weekly preschool snack series at daycare

Annual Events

- Diabetes Walk
- Community walk and healthy lunch to raise diabetes prevention and management
- Health Fair
- Community and surrounding health organizations gather to share resources and information to community members
- Provide wellness education at Tsuut'ina summer camps, Treaty Day, Teddy Bear fair and nation conferences

Staff:

- Amy Neufeld, RD
- Chalsea Onespot, Diabetic Eye Screen
- Michele Lafreniere, RD
- Justice Poitras, HP
- Alleycia Onespot, Health Promoter



COMMUNITY HEALTH

Mission

Empowering and enhancing the well-being of Tsuut'ina nation community through comprehensive health initiatives. We strive to provide accessible and culturally sensitive programs and services that promote holistic health and healing.

Community Health Services

- Immunization
- Well Baby Clinic
- School Health
- Communicable Disease program
- TB screening and follow up.
- Dog Bite Reports

Maternal Child Health

- Family Home Visits (Prenatal to 6yrs)
- Developmental Screenings
- Prenatal/Postnatal care
- Support & Implement CPNP
- Connecting families to health services and resources

Children's Oral Health initiative

- Childhood dental program
- Cavity prevention treatment
- School Dental Health services

Early Years program

The Early Years program builds on community strengths and cultural context to enhance parenting capacity and early learning opportunities to result in better child health, well-being and learning outcomes at school entry and in life.

The Early Years Visitor is responsible to implement The Early Years program to promote and facilitate healthy pregnancies and enhance parenting capacity and early learning opportunities for infants and toddlers by using The Early Years Toolbox, the Early Years Visitor will adapt practices to meet the needs of families while maintaining The Early Years recommended practices.

First Nation Client Liaison (G4)

- Guide access to Health Programs on and off reserve.
- Clarify Medical Terms and Treatment Plans during healing.
- Connect Community Members with supportive contacts.
- Facilitate discussions with identified health professionals.
- Explain Policies and Programs to ensure needed Health Services.
- Advocate for clients when necessary.

Community Health Representative

- Assisting in the delivery of community health programs. (Well baby clinic & School health)
- Assists with communicable disease control programs.
- Assisting with community health resources.
- Community Health Advocacy
- Assist with needed environmental health efforts.

Community Based Water Testing

- Bacteriological Water Sampling.
- Chlorine Residual Testing
- Regular monitoring of public water systems.
- Offer bacteriological tests for well water

STAFF:

- Community Health Coordinator
- Liz Waker
- Community Health Representative
- Karen Dodginghorse
- Maternal Child Health Coordinator
- Chantelle Pye
- Community Base Water Monitoring
- Yvette Meguinis
- First Nation Client Liaison
- Gold Adiele
- Family Home Visitor
- Kathy Bryant
- Lacey Bish



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NON-INSURED HEALTH BENEFITS



Guidelines:

APPLICATION

To access the Non-insured Health Benefits program, an individual must be a registered Tsuut'ina Nation Citizen with a valid Tsuut'ina Band Number.

- Have all original receipts and/or invoices.
- Submit physical copies to NIHB Coordinator.
- Sign Cheque Requisition.

Covered Services:

- Dental
- Physio
- Eye Exam
- Medical Supplies
- Hearing Aid
- Contact Lenses (Under 18)
- Eye Wear

Not Covered:

- Doctor fees
- Missed appointments
- Doctor notes
- Medical notes for Elders driving
- Cosmetic Treatments
- Alternative Healing
- Traditional Healing
- Contact Lens (Adults)

Priority

- Anyone with special medical condition will be considered priorities under the Tsuut'ina Non-insured Health Benefits Program.
- Elders and Children will also be considered a priority when funds are limited.

Reminder

When booking an appointment with the Dental Office or Optometrist, ensure they work with NIHB. Please contact NIHB Coordinator for further Assistance.

- Acupuncture and Massage is now available at Tsuut'ina Health Centre.
- REQUIREMENTS:
- Referral from your Family Doctor.
- Appointment only.
- Require approval before appointments.

NIHB Coordinator

Sarah Meguinis
sarahm@tsuutina.com
403-251-7575



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OUTREACH HUB

@tsuutinationoutreach



ABOUT

The Tsuut'ina Health & Wellness Services Outreach Hub is a central point of contact and support for Tsuut'ina Nation citizens and community members seeking support and resources in their wellness journey. It serves as a bridge between the program and the citizens and community members of Tsuut'ina. The purpose of an outreach hub is to create a space where people can come to receive support in a soft, warm environment to protect the privacy and confidentiality of anyone seeking services from a client-led, focused approach.


SERVICES


Services that are offered but not limited to are;

- Outreach within the city of Calgary
- Peer support
- Harm reduction supplies such as sterile supplies that reduce the risk of diseases like HIV and Hepatitis C for people who use drugs by injecting or smoking.
- Referrals to detox
- Application process to attend a residential program
- Referrals to mental health and medical supports
- Housing support
- Community engagement
- Access to cultural and traditional forms of healing and any other navigation services and supports requested by the clientele.

The Client Services Coordinator is led by September Daniels, who works with a great team of four passionate and dedicated individuals to support the well-being of Tsuut'ina Nation citizens and community members. The outreach team consists of Daisy Dodginghorse, Garret Simeon, Craig Firstrider and Alessandra Campagnolo.

Contact

 403-238-9474

 55 TWO GUNS ROAD
Tsuut'ina, AB T3T 0A6

TEAM

September Daniels

Client Services Coordinator

september.daniels@tsuutina.com

403-238-9474

587-839-0491

Garret Simeon

Outreach Peer Support

garett.simeon@tsuutina.com

Alessandra Campagnolo

Outreach Peer Support

alessandra.campagnolo@tsuutina.com

403-477-5001

Craig First Rider

Outreach Peer Support

craig.firstrider@tsuutina.com

403-463-7268

Daisy Dodginghorse

Outreach Peer Support

daisy.dodginghorse@tsuutina.com

403-827-1584



WOMEN'S SUPPORTIVE HOUSING



MANDATE

The Women's Supportive Housing will offer in-home and residence for Tsuut'ina Nation women over 18 years of age with five beds experiencing displacement, including extended support through peer support, land-based teachings, culture/language programming, and life skills programming. The Women's Supportive Housing programming will focus on trauma, grief, social-emotional skills and the prevention of reuse of the individuals substance of choice (well-briery, matrix, and mending broken hearts). The program will work closely with other Tsuut'ina Nation and off-nation programs to support the journey of women experiencing displacement and let the women know that support is available.

TEAM

- Alisha Ledoux
Case Coordinator
alisha.ledoux@tsuutina.com
- Trish Simeon
- Justine Crowchild
- Kaylee Daniels
- Ashley Grey Eyes
- On-call support



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CULTURE AND LANGUAGE

MANDATE

The cultural and language coordinator coordinates programming focusing on Tsuut'ina culture, language and land-based teachings under the consultation of Tsuut'ina elders, knowledge keepers and the Tsuut'ina Gunaha program. The Cultural and Language Coordinator works closely with all programs under Tsuut'ina Health and Wellness Services, but not limited to, to provide any relevant content to enhance program delivery with a Tsuut'ina focus.



CULTURE AND LANGUAGE COORDINATOR

Heather Meguinis
Culture and Language Coordinator
heather.meguinis@tsuutina.com



WELLNESS PROGRAM



MANDATE

The Wellness team will work with other Tsuut'ina Health & Wellness programs, Tsuut'ina Nation programs, Calgary, and surrounding programs to promote education and awareness of mental health and overall well-being from preventative and proactive framework. When building positive working relationships with other Tsuut'ina Nation programs, the wellness team will focus on children and youth programming. However, it will not be limited to other collaborative programming for all Tsuut'ina Nation citizens and residents to promote awareness and education of mental health and healthy overall well-being.

WELLNESS TEAM

Meaghan Simeon
Wellness Team Lead meaghan.simeon@tsuutina.com

Kyle Youngpine
Youth Wellness Worker kyle.agapi@tsuutina.com

Lucas Heavenfire
Youth Wellness Worker lucas.heavenfire@tsuutina.com

Jared McNabb
Wellness Worker jared.mcnabb@tsuutina.com



MENTAL HEALTH LIAISON

MANDATE

The mental health liaison will deliver immediate mental health, wellness, and culturally appropriate support responses in need. The mental health liaison will conduct risk and safety assessments specific to mental health, conduct mental health check-ins, offer support and assist in developing and navigating services.

The mental health liaison will support other teams under the Tsuut'ina Health & Wellness Services (but not limited to) in delivering appropriate short-term cultural and western prevention interventions, programs, and resources to children, youth, and families while developing community capacity. Workshops, lunch, and learns will also be provided throughout the year or when requested by a specific Tsuut'ina Nation program.



MENTAL HEALTH LIAISON

Karl Melting Tallow
Mental Health Liaison
karl.meltingtallow@tsuutina.com



ADDICTIONS COUNSELLOR



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MANDATE

The addictions counsellor will work closely with the client services coordinator, wellness counsellor facilitator, mental health liaison, wellness and outreach teams, and any other Tsuut'ina Nation programs to support Tsuut'ina Nation citizens and community members in their recovery journey. The counselor will provide up-to-date information regarding substance misuse, lead support groups, and use appropriate, evidence-based intervention strategies and treatment approaches for clientele. The addictions counsellor will also facilitate evidence-based programs and information (presentations) to clientele, families, community members and Tsuut'ina Nation programs.

CONTACT

Terrence Powder
Addictions Counsellor
tj.powder@tsuutina.com

MENTAL HEALTH AWARENESS



TSUUT'INA HEALTH AND WELLNESS SERVICES



"YOU ARE NOT ALONE IN YOUR JOURNEY TOWARDS BETTER MENTAL HEALTH."





FIT FOUNDATION YOUTH HEALTH CLUB

**OPEN TO
AGES 8-14**

FITNESS PROGRAM STARTING SEPTEMBER 1, 2024!

**(ONE MONTH TRIAL AND WILL CONTINUE BASED ON INTEREST).
NO CHARGE!**

**COLLABORATION INITIATIVE BETWEEN TSUUT'INA
HEALTH AND WELLNESS SERVICES WITH FIT
FOUNDATION YOUTH HEALTH CLUB**

**TWO WEEKLY SESSIONS UP TO 42 PARTICIPANTS PER SESSION
(EVERY SUNDAY AT 2 PM AND THURSDAYS AT 7 PM)**

60 MINUTE FULL-BODY YOUTH WORKOUT (AGES 8-14)
STRENGTH, ENDURANCE, FLEXIBILITY, MINDFULNESS & NUTRITIONAL COMPONENTS;
LED BY A HEAD COACH AND 2-3 JUNIOR COACHES. ALSO INCLUDES UP TO 15
MINUTES BEFORE & 15 MINUTES AFTER FOR ADDITIONAL SOCIALIZING /
COMMUNITY CONNECTION IN THE LOUNGE SPACE. (TOTAL: 90-MINUTES).

REGISTER, PLEASE CONTACT:

**1(877)323-1203 UNIT 301 - 11501 BUFFALO RUN BLVD, TSUUT'INA, AB
WWW.FITFOUNDATION.CA @FITFOUNDATIONCALGARY**



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UPCOMING EVENTS

AUGUST 2024

Diganádàts'idinìdàhí

**GUJA FOOD BAG
EVERY WEDNESDAY 2:00-4:30**

**COMMUNITY ENGAGEMENT SESSION AUGUST
14, 2024**

YOGA FOR COUPLES AUGUST 15, 2024

TEDDY BEAR PICNIC AUGUST 19-23, 2024

SUICIDE AWARENESS DAY SEPTEMBER 10, 2024

**EVERY CHILD MATTERS COMMUNITY WALK
SEPTEMBER 26, 2024**

**MORE EVENTS/PROGRAMMING TO BE
ANNOUNCED!**

**For more information on our events please follow
us Social Media or call our office @ 403.251.7575**

*Follow us
on social
media!*



@tsuutinahealthcentre

