

**Please register for the programs,
activities and events offered**

Chapleau Cree First Nation

P.O. Box 400
828 Fox Lake Road
Chapleau ON
P0M 1K0

Phone: 705-864-0784
Fax: 705-864-1760
E-mail: reception@chapleaucree.ca

Life's Sacred Journey

P.O. Box 400
814 Fox Lake Road
Chapleau ON
P0M 1K0

Phone: 705-860-0003
Fax: 705-860-0004
E-mail: bandrep@lifessacredjourney.ca

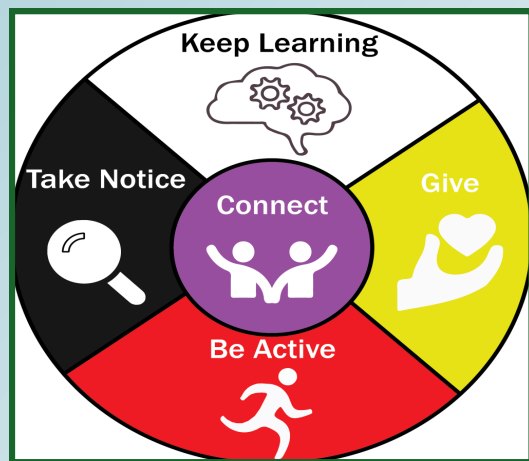
Chapleau Cree Health Centre

P.O. Box 400
801 Fox Lake Road
Chapleau ON
P0M 1K0

Phone: 705-864-0200
Fax: 705-864-0206
E-mail: h.adminassist@chapleaucree.ca



 <https://www.facebook.com/groups/118989737892773>



For the week of:

**February 24, to
March 2, 2025**

Winter Hours:

**Monday - Friday
8:30AM - 4:30PM**

Participation and Feedback on
Activities/Events/Programs is
always welcomed

Please submit feedback to
Kyle Corston @ 705-864-0784 or
communityrelations@chapleaucree.ca



This Week's Highlights:

- Yoga Class
- Community Haircut Day
 - Chiropractor
- Community Dinner
(Turkey & Dumplings on menu!)
- Bowen Therapy w/ D. Barnes
- Youth Winter Day Camp



Oški-kíšikâw
MONDAY
Kise-Pisim
February 24

Nîso-kíšikâw
TUESDAY
Kise-Pisim
February 25

Apihtawan
WEDNESDAY
Kise-Pisim
February 26

Nêwi-kíšikâw
THURSDAY
Kise-Pisim
February 27

Pahkwêšikani-kíšikâw
FRIDAY
Kise-Pisim
February 28

Matinawe-Kisikaw
SATURDAY
Mikisiwi-Pisim
March 1



 **Town Run**
10:00 a.m.
 Call **Health** at
705-864-0200 before 9am
 to get picked up



Chiropractor in Spa Room



10am-3pm @ Health

 **Town Run**
10:00 a.m.
 Call **Health** at
705-864-0200 before 9am
 to get picked up



Bowen Therapy w/ D. Barnes



1pm-8pm @ Health


 HAVE A WONDERFUL WEEKEND!!

Bowen Therapy w/ D. Barnes



10am-5pm @ Health

Youth Winter Day Camp



5:30pm-8pm @ Health

Youth Winter Day Camp



9am-5pm @ Health

Yoga Class



7pm-8pm @ Band Office Hall

COMMUNITY HAIRCUT DAY

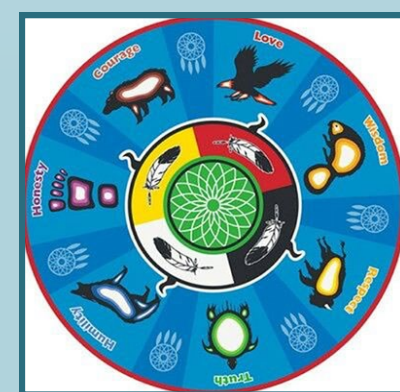


10am-4pm @ Health

COMMUNITY DINNER



5:30-6:30pm @ B. Office Hall
 (Turkey & Dumplings)



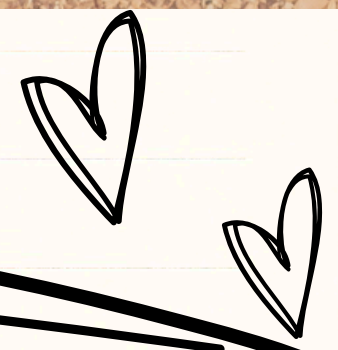
Not Receiving the Weekly Pamphlet in a timely manner?
 Call **Kyle Corston** at the **Band Office 705 864 0784** and give your email— you'll receive the pamphlet right to your in-box

Ayamihêwi-kíšikâw
SUNDAY
Mikisiwi-Pisim
March 2

Youth Winter Day Camp



9am-3pm @ Health



MARCH BREAK TRIP



Chapleau Cree First Nation Band Members who reside in the Chapleau area and have school aged children are eligible to register for March Break Trip reimbursement funds between March 6-18, 2025



Life's Sacred Journey & CCHC will reimburse as follows:

- One standard room rate per family to a maximum of \$250.00 (including taxes) per night for a maximum of 3 nights stay.



MEALS

\$75.00 PER PERSON/DAY, FOR A MAXIMUM OF 4 PER FAMILY FOR 4 DAYS.

\$300 PIMII KAMIK GAS VOUCHER PER FAMILY. ONE REIMBURSEMENT PER FAMILY. ACTIVITY FUNDS UP TO \$200 PER FAMILY.

Must Register with Kathy Piche @ 705-860-0001 prior to the trip. Submit all receipts (hotel and activities) by March 24, 2025.

Diabetes Program is Offering Gym Memberships

Applies to gym memberships at the local gym "The Train Station" ONLY

Rules:

- Must be a status CCFN bandmember to qualify
- Must reside within the Chapleau Area
- Commitment of 6 months to improving overall health and wellness



Call Health to register

 705-864-0200

- Deadline to register is Feb 21st at 4:00 PM.
- No late registrations accepted due to time sensitive funding deadline





YOGA CLASS



**MON. FEB. 3RD
MON. FEB. 10TH
TUES. FEB. 18TH
MON. FEB. 24TH**

7PM - 8 PM
at Band Office



REGISTER NOW
@ Health 705-864-0200



BRING YOUR YOGA MAT IF YOU HAVE ONE



Haircut Day

Jennifer Hoover-Simon

February 4 & 25
2025

FREE of charge
Gratuuity encouraged

**CALL HEALTH 705-864-0200 TO
BOOK YOUR APPOINTMENT**

CCFN Members. Waitlist Welcome.



February 26th, is Pink Shirt Day!

**Come to the Life's Sacred Journey Office to
pick up your Pink T-Shirt
and show your support for Anti-Bullying and Promoting Inclusivity
and Kindness for all.**

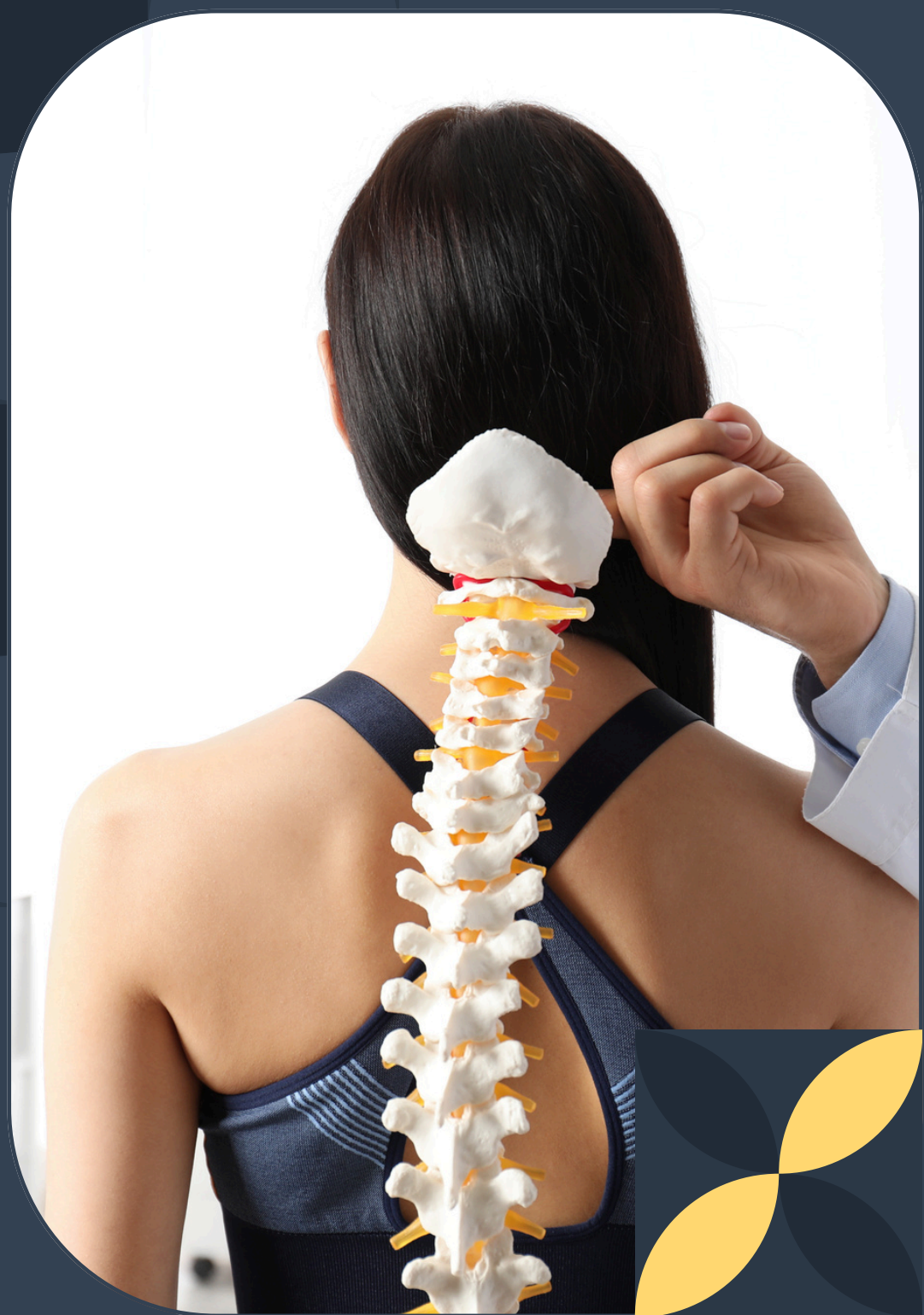
814 Fox
Lake Road



Limited
Number of pins
available too!



Adult and Children's Sizes Available



WELLNESS THROUGH CHIROPRACTIC CARE

Welcome to Mushkegowuk Health , where we prioritize your well-being through personalized chiropractic care. Our experienced team is dedicated to helping you achieve optimal health and vitality.

Services Offered



Spinal Adjustments

Expert chiropractors restoring balance to your spine.



Peripheral Joint

Relax and rejuvenate with therapeutic massages.



Rehabilitation Exercises

Strengthen and enhance your body's natural healing abilities.

Meet Our Expert

DR. David Popovic

Expert chiropractor


February 26, 2025

10:00 am to 4:00 pm



Ready to prioritize your well-being? Contact us today

HEALTH CENTRE

 705 864 0200

CCFN Members Waitlist for others Welcome.





JOIN US FOR THE

COMMUNITY Dinner

FOOD, DRINK, GOOD MOOD

February 26, 2025

Band Office: 5:30



**CALL HEALTH AT 705 864 0200,
YOU MUST REGISTER FOR THE
COMMUNITY DINNER.**



BOWEN

with Dorcas Barnes

February 27, 2025 appointments

1:00 PM–8:00 PM

February 28, 2025 appointments

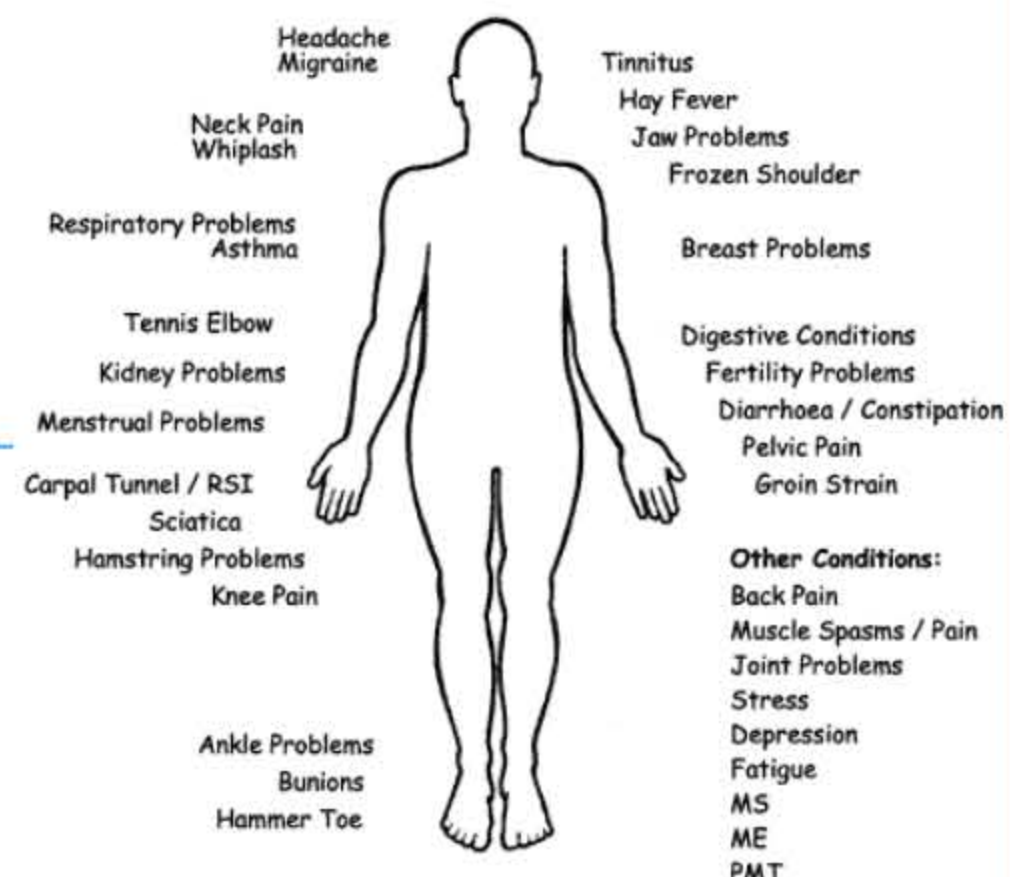
10:00 AM–5:00 PM

at Health Centre

Bowen Therapy

The Bowen Technique is a gentle non-invasive, holistic therapy. It can benefit adults and children of all ages

Conditions Which Have Responded to The Bowen Technique



Call to book your appointment at Health
705-864-0200

Priority CCFN Members, waitlist welcomed

YOUTH (7-18 YEARS)



Winter Day Camp

It's a Fun
Winter Time!



**FRIDAY, FEBRUARY
28TH TO -SUNDAY
MARCH 2ND, 2025**

*Come & Enjoy some Winter Fun
Cultural Activities & Survival
Game Challenges*

**FRIDAY 5:30 PM - 8:00 PM AT HEALTH
SATURDAY 9:00AM TO 5:00PM AT HEALTH
SUNDAY 9:00AM TO 3:00PM AT HEALTH**

- LAND-BASED CULTURAL TEACHINGS, RABBIT
• SNARING - SNOW GAMES - ICE FISHING -
• SURVIVAL SKILLS - BONFIRE & MORE
- PROPER OUTDOOR CLOTHING REQUIRED
AS EVENT IS OUTDOORS ALL DAY!

FOR MORE INFORMATION

CONTACT HEALTH AT 705-864-0200 TO REGISTER





RESEARCH & MONITORING

The Lands and Resources Department will provide information on research & monitoring projects. Are you interested in community-based research and monitoring? Join us to learn and provide your input.

OPEN HOUSE FREE EVENT



Community-based research and monitoring are projects guided by and developed with community members to address their priorities, questions and interests.

Chapleau Cree First Nation Tuesday, March 4 5:30-7:30 p.m. Location: Band Office Hall

Everyone is welcome. There will be food, refreshments & giveaways.



Facts of the Heart



Did you know...



- Your heart is about the size of your two hands clasped together
- Your heart beats 100,000 times a day
- The right side of the heart pumps blood into your lungs, the left side pumps oxygenated blood around the body
- Your heart has to push blood through about 60,000 miles of blood vessels—that's long enough to circle the Earth two and a half times!
- The heart has the ability to beat over 3 billion times in a person's lifetime
- The heart pumps out 2 ounces of blood at every heartbeat
- On average, it takes about 45 seconds for blood to circulate from the heart, all around the body

KEEP CALM

&



LET YOUR HEART BEAT ON

Emotional stress causes a negative chain reaction in your body. If you're angry, anxious, tense, frustrated, frightened, or depressed, your body's natural response is to release stress hormones. These hormones include cortisol and adrenaline. They prepare your body to deal with stress. They cause your heart to beat more rapidly and your blood vessels to narrow to help push blood to the center of the body. The hormones also increase your blood pressure and blood sugar levels.

Here are two ways to quickly CALM your emotions and support healthy heart:

- 1) Deep Breathing** - As little as **three** deep, slow breaths - **in through your nose and out through your mouth SLOWLY** - can significantly CALM your emotions, thoughts, and decrease heart rate.
- 2) Progressive Muscle Relaxation** - Proven to be one of the most effective ways of quickly releasing tension built up in your body (think 'tense muscles'). Starting with your toes, tense each muscle group for 3 seconds then relax the muscles, progressively moving up your body towards your head.



rn@chapleaucree.ca



705-864-0200



CCFN Health Centre
Pamela Drynan, RN

