
OUR WELLNESS CENTRE PARTNERS

KOOTENAY KIDS (505-1171)
Physiotherapy and Occupational Therapy

WEST KOOTENAY EARLY CHILDHOOD DEVELOPMENT PROGRAMS (352-6786)
Success by Six, Children First and Understanding the Early Years

WEST KOOTENAY CHILD CARE RESOURCE AND REFERRAL CENTRE (352-0407)

COMMUNITY FIRST MEDICAL CLINIC (352-5259)
& Integrated Health Network Nurses
Drs. Joel Kailia and Andrew Murray

SELKIRK COLLEGE COMMUNITY FIRST HEALTH CENTRE (352-1360)
Community Nursing Program

ACUPUNCTURE AND NATURAL HEALTH CLINIC (352-2167)
Valerie Nunes, Registered Massage Therapist
Shauna Robertson, Registered Acupuncturist
Jacqueline Seitz, Body Talk Practitioner
Tara Stark, Registered Dietitian Nutritionist
Miriam Mason Martineau, Integral Therapeutic Counseling
Kate butt, Traditional Chinese Medicine Practitioner
Sandra Mason, Traditional Chinese Medicine Practitioner

MCKENZIE COMMUNITY CHIROPRACTIC CLINIC (352-1322)
Dr. Kevin McKenzie, Chiropractor (see article next page)
Jenie Taylor, Body Centered Therapy (see article next page)
Sheena O'Connor, Registered Massage Therapist (see article next page)
Laura Livingston, Certified Clinical Hypnotherapist

NELSON COMMUNITY SERVICES CENTRE (352-3504)
Family Support Multi-Service Agency

COMMUNITY EDUCATION ROOM

To book this room for Community Educational & Problem Solving Events contact Pat (352-3504)

SECURE STORAGE SPACE ALSO FOR RENT (354-3481)

MESSAGES FROM TENANTS

McKenzie Community Chiropractic – Dr. Kevin McKenzie, Suite 205 (352-1322)

Chiropractic care affects overall health and wellbeing and patients are often pleasantly surprised to have problems alleviated which they may not associate with the spine. Also, chiropractors are adept at manipulating nearly every other articulation or joint of the body, from fingers and toes to knees, shoulders and cranial bones. Being in the Community First Health Co-op has been a wonderful experience for us. I've enjoyed getting to know other practitioners in the building, so that inter-referral gives the greatest benefit to our patients. Our office renovation gives us a warm, bright atmosphere to work in.

Jenie Taylor – Body Centered Therapy, Suite 205 (551-4022)

As a Somatic Therapist and Biodynamic Craniosacral therapist, I have enjoyed working at the Health Co-op in the McKenzie Community Chiropractic Clinic for the last 7 months. I practice in the office when Dr. McKenzie is working out-of-town at his satellite clinics. I find the Co-op to be very peaceful and conducive to the type of therapeutic work that I do. The location is convenient, there is adequate privacy, it is very quiet and feels safe and contained, which is essential for the kind of work that I do.

Sheena O'Connor – Registered Massage Therapist, Suite 205 (352-1322)

I have relocated to Nelson from Ottawa and have recently joined the Community Health Co-op team. I will be working aside Dr. Kevin McKenzie at McKenzie Community Chiropractic. I have an extensive background in health, fitness and well-being and am exceptionally competent in the assessment and treatment of athletic injuries, postural correction and muscle imbalance. I am a member of the Medical Services Plan, accept MSP benefits and all treatments are insurable. I am now accepting new patients.

MESSAGE FROM THE CHAIR

I am pleased to report on our activities in 2008. At the Annual General Meeting on June 18, 2009, I will provide an update on 2009 activities. During 2008 we were busy in three major areas:

Firstly; the Wellness Centre. During 2008 Dr. McKenzie, Chiropractor, joined the Wellness Centre. Also, a revenue stream was started out of Community First Health Co-op's lower floor to meet local storage needs. We own 14 storage units and 10 of them are occupied. The target market for these storage units is local professionals who require fire-rated, dry storage for their documentation.

Secondly; we started a new committee to explore options for a housing project. This committee has met numerous times, completed a Geotechnical Report and had an Environment Assessment Report done. These soft costs were accomplished through a grant from BC Housing. This is an exciting project and the committee is working diligently on your behalf.

Thirdly; in the area of governance. Pegasis McGauley has chaired this committee for many years. Pegasis' 6-year term has expired and by CF Health Co-op rules must step down from the Board. Pegasis will continue as an advisor to the Board. Gerrie Melnechuk is now chair of the Governance Committee. An important area of governance is managing "risk". The committee will be focusing in this area of governance in 2009.

And to my fellow Board members and volunteers...thank you for your amazing support!

COMMUNITY FIRST HEALTH CO-OP



building healthy communities

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