

## West Carleton Family Health Team's Clinic and Community News

February 2017

Welcome to the WCFHT February 2017 email update. You will find various upcoming clinic and community events that may be of interest to you.

**February is Heart Month!** Look for our info table in the waiting room, if you're in the clinic this month. We will have lots of information available for you to take home, about many different ways to keep your heart healthy.

Here is what is included in this month's update:

Follow us on Twitter [@WestCarletonFHT](#)

Learn to Run! (free training clinic for the Diefenbooker Classic)

Learn to Walk! (free training clinic for the Diefenbooker Classic)

(Almost) Full Moon Snowshoe Evening in the Carp Hills

Deep Roots Food Hub Panel Discussion and AGM

Feed Your Baby – WCFHT workshop

A Huge "Thank You" – Steel Toe Boot Drive Update

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**Twitter!!** Our clinic now has a Twitter presence!! Join us!

We tweet info about clinic news, medical news, community events and resources. We're promoting information that can help you live a healthier lifestyle and feel better.

Follow us [@WestCarletonFHT](#)

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**Free "Learn to Run" group in Carp – 21<sup>st</sup> Annual Diefenbooker Classic**

If you've been thinking about improving your health or your fitness level, why not join the Learn to Run group in Carp? It is a great way to incorporate running into your life!

If you can walk 5km and run for 1 minute, then this running group is for you. Volunteer runners will provide ongoing encouragement and help you meet your goals!

**February 28** – 7:00 PM, information session (Huntley Curling Club, 199 Langstaff Drive, Carp)

**March 4**, 8:45 AM, running clinic starts (W.E. Johnston Arena, 3832 Carp Road)  
Come ready to run (wearing running shoes); they leave at 9:00 AM sharp! This is a 10 week program.

To register for the free Learn to Run Clinic, simply register for the 5km Run event  
<http://diefenbookerclassic.ncf.ca/Diefenbooker2017/online.html>

Please print and sign the attached waiver and bring it along with you on March 4.  
<http://www.wcfht.ca/pdfs/LearningToRunWaiver.pdf>

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**Free “Learn to Walk” group in Carp – 21<sup>st</sup> Annual Diefenbooker Classic**

Spring is just around the corner and with spring comes the 21<sup>st</sup> annual Diefenbooker Classic!! If you are somewhat active (gardening, housework, etc.) and without significant health issues, then the walking group is for you.

Volunteer walking enthusiasts will provide encouragement to enable you to improve your walking posture and form, and to finish the Diefenbooker 5 km walk feeling energized, rather than exhausted. They have fun and provide friendly motivation along the way. It doesn't matter if you are new to walking or need some help getting started again, they'd love your walking company!

**March 1**, 7:00 PM, information session, Huntley Curling Club (199 Langstaff Drive, Carp). They will discuss how to dress for winter walking, the schedule and answer questions.

**March 2**, 6:30 PM, walking clinic starts, W.E. Johnson Arena (3832 Carp Rd.)  
Come ready to walk (wearing running or walking shoes).

This is a 10 week program. You will build up your fitness level and your confidence. The group trains together once a week.

To register for the free Walking Clinic, simply register for the 5km walking event, at <http://diefenbookerclassic.ncf.ca/Diefenbooker2017/online.html>

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**Snowshoe in the Moonlight, in the Carp Hills!! (free event)**

Embrace the beauty of a winter's night and join the [Friends of the Carp Hills](#) for a moonlit snowshoe hike.

**February 11**, 7:30 PM, 211 Donald B. Munro Drive (formerly Yoga & Tea Studio)

Park and gather at the building at 211 Donald B. Munro Drive. The group will ascend to the highest point in the Carp Hills for a fantastic view over the Carp

River valley, lit by the nearly full moon. The group will return to the building for hot refreshments and good company.

The estimated round trip is 1 to 1.5 hours.

Please arrive at least 10 minutes before 7:30 PM, as you will need to sign a waiver before participating.

If the weather does not cooperate, they will cancel. Please check the “Friends of the Carp Hills” Facebook page for the most up-to-date information on the event.

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### **Deep Roots Food Hub: Panel Discussion and AGM**

You are invited to the first Annual General Meeting of the [Deep Roots Food Hub!](#) They are a local, non-profit organization that is working to launch programs that make it easier for West Carleton residents to access, grow, and sell affordable, healthy food.

**February 21**, 7:00 PM – 9:00 PM, Constance Bay Legion, 377 Albirch Rd

A panel discussion will take place, about how food hubs are helping create year-round income opportunities for farmers. The AGM will follow.

This is a great opportunity to learn more about their projects and volunteer opportunities.

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**Feed Your Baby** -- Free group course. Learn about when, what, and how to start feeding your baby solid foods, from 6 months to 1 year. Take home handouts, recipes and watch a food demo on how to easily make homemade food for your baby. Babies welcome to attend!

**February 24** at 10:00 AM – 11:30 AM

Facilitated by Brandy McDevitt, Registered Dietitian at WCFHT. Call 613.839.3271 x109 or email [brandy@wcfht.ca](mailto:brandy@wcfht.ca) to reserve your spot now!

Please note: It is ideal to take this course when your baby is 4 months and older but all ages are welcome.

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### **A Huge “Thank You” -- 3rd Annual Steel Toe Boot Drive Update**

The Ottawa Paramedic Service has just wrapped up its third annual Steel Toe Boot drive, to help support the [Ottawa Mission](#).

With the amazing help of generous staff, patients and friends of WCFHT, the paramedics were able to almost triple the donation this year!

The boots are being delivered to the Mission next week; they continually receive requests from clients who need steel toe boots for work placement purposes.

A huge thank you to all who were able to help out!!

Please note that the clinic is no longer accepting donations for this year.

Tracey Suprunchuk  
Community Paramedic  
West Carleton Family Health Team  
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Thank you for reading our February update.

If you have questions or comments about clinic events, or are organizing a community event, please feel free to contact me, Kate Brown, at [kateb@wcfht.ca](mailto:kateb@wcfht.ca)