

March 2025

Newsletter

Vulcan County Wellness Challenge

Programs/Events

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It is that time of year again and the Vulcan County Health & Wellness Foundation in partnership with the Town of Vulcan Recreation department are pleased to once again host the Vulcan Wellness Challenge.

As in past years, you can register as a team of four or as an individual. If you need another person or two to complete a team, we will do our best to match you up with other participants.

The registration costs are \$20.00 per person, or \$80.00 per team of four. This entitles you to a highly recognizable Challenge T-shirt and access to a month of fun activities held around the

County of Vulcan. Some of these activities will include cycling, kayaking, aquatic fitness, disc golf, scavenger hunts, exercise in the park, pickleball, guest speakers, etc.

As an individual or as a team, you will log points weekly for exercise and wellness activity time. Points for each individual/team will be posted on the Challenge website weekly for a little **healthy** competition. This is **NOT** a Challenge to earn the most points, it **IS** a challenge to help you on your wellness journey with a variety of activities, new experiences, a touch of self-accountability and hopefully, lots of fun!

Registration will open April 1, 2025 and closes May 5, 2025 and can be accessed at <https://townofvulcan.ca/recreation>. Click on the registration button and then the Community Events for the Health and Wellness Challenge.



April Gala



Event

Saturday, April 5, 2025

Vulcan Cultural Recreation Centre

Cocktails: 5:00 Pm

Prime Rib Dinner: 6:00 Pm

Auction & Draws: 7:30 Pm

Entertainment : Side Note Trio

Tickets: \$100/person

Come and join us for this fantastic event, and know that your contribution will not only insure the success of this Gala Event but will also have a lasting impact on the lives of those in our community who rely on the compassionate care provided by the Vulcan Community Health Centre.

We cannot change the outcome, but we can provide support by comforting those we need it most. Your support, is deeply appreciated.

Tickets on sale now at https://events.com/r/en_US/tickets/our-hearts-are-in-rural-health-gala-vulcan-april-963384 or the Foundation office.



Mom & Baby Wellness

Thank you Cindy Goldhawk from New Heights Wellness for providing Mom and Baby Wellness classes for new moms in our community.

The class ran for 4 weeks, with all moms agreeing that they would have liked to extend the program. The strategies and information

learnt will help the moms navigate the challenges of motherhood. The connection to other mothers in the community was invaluable.

common feeding difficulties

*breath and mindfulness practices for calming or energizing your nervous system

*tune into your own intuition

*tools to enjoy your life as a new mom

*tools to calm your nervous system if you're feeling anxious or overwhelmed

*learn how to practice self-compassion, an evidence-based tool for improving your mental health

If you or someone you know is a new mom and would like to attend this course the Vulcan County Health and Wellness Foundation will look into booking another session with New Heights Wellness for Spring 2025. Please contact us at vchw.foundation@gmail.com



Some of the Benefits of Mom and Baby Wellness:

*make new and lifelong friends

*time/space to be intentional about the mom you would like to be

*mindfulness strategies for enjoying the little moments

*how to keep your relationships strong after baby

*nutrition for healing and keeping your energy up

*tips for encouraging speech and language development in your little

*tips for breast/bottle feeding and introduction to solids,

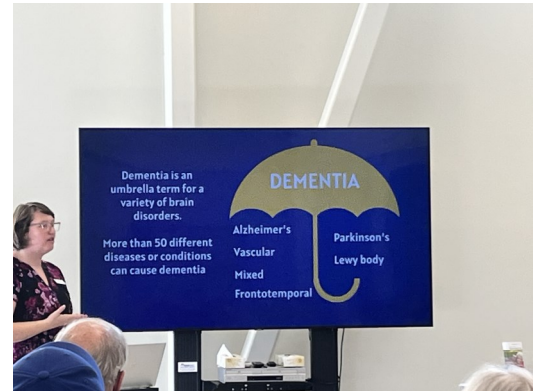
Dementia Presentation

If you or someone you love believe you are experiencing Dementia please check out Alberta Alzheimer's Society
(www.alzheimer.ca/ab/en)

Thank you to Colleen Beck from the Alzheimer's Society of Lethbridge for coming to Vulcan and providing a great information session on Dementia in all of its forms.

Thank you to our partner for this event Vulcan FCSS, they provided a great lunch for this lunch and learn session, held in the Wellness Space of the Vulcan Community Health Centre.

This free session was attended by 38 members of our community.



Wellness Wednesday's with Stefano



We would like to thank Stefano Ciofina the lead pharmacist from Market Street Pharmacy for agreeing to share his expertise with the residents of Vulcan County.

Stefano is a certified Diabetes educator who held 4 sessions in the Vulcan Wellness Space at the Vulcan Care Facility.

- * Healthy Weight Management
- * Physical Activity & Nutrition
- * Heart Health & Hypertension
- * Diabetes March 28 @ 10:00 am

Residents that attended the sessions learned a lot of new and valuable information. They commented that the sessions were excellent and Stefano was very knowledgeable. You can reach Stefano at the Market Street Pharmacy 403-485-2919.

If you would like more of these sessions please let us know. The VCHWF are here to support, educate, and invest in Vulcan County Residents health & wellness.

Email vchw.foundation@gmail.com

Upcoming Programs

Stretch Class

with
Full Motion BodyworX



Wellness Room-Vulcan Community Health Centre
March 10th @ 7pm
\$10 drop-in

*Please bring your own mat!

SPRING FOREST QIGONG WITH JULIE

Feb 5 - Mar 26, 2025
Wednesdays | 1:30-2:30 PM
Wellness Space
Vulcan Community Health Center

Julie is a certified Spring Forest Qigong leader with 25+ years in holistic wellness as a Reiki Master & Certified Massage Therapist. Join her to restore balance and harmony in a welcoming space.

Why Practice Spring Forest Qigong?

- Reduce stress & pain
- Boost physical & emotional wellness
- Enhance flexibility & metabolism
- Increase energy & vitality



Vulcan COUNTY
Health & Wellness Foundation

WWW.VCHWFUNDATION.COM

VULCAN SOUND BATH



Join us for an evening of relaxation as the sounds of the bowls wash over you

MARCH 13TH 7-8:30PM
VULCAN WELLNESS
CENTRE
\$25

www.goodvibeswellness.ca

Hot Flashes & Tall Tales: Menopause Myths Unplugged!

Mar
26

7 - 8.30 pm
Vulcan Community
Health Center



What You Will Learn:

- Menopause comes with a lot of changes—and even more myths! Will hormone therapy give you cancer? Is weight gain inevitable? Does menopause really last forever?

This presentation will help you separate fact from fiction, bust the biggest menopause myths, and help clear up the confusion!

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