



SUN	MON	TUE	WED	THU	FRI	SAT
					1 -Wellbriety 12-1	2
3	4 -Equine Therapy 10:30 -Stretching and Mobility 12-1 @ HC	5 -Food Bank Deliveries -Wellbriety 6:30-7:30 @ HC	6 -Walking Group 10:30 @ DJM	7 -Foot Clinic -Physiotherapy 9-12 @ HC	8 -Foot Clinic -Wellbriety 12-1 @ HC	9
10	11 Office Closed -Remembrance Day	12 -Wellbriety 6:30-7:30 @ HC	13 -Walking Group 10:30 @ DJM -Reiki Massage 1-5 @ HC	14 -Nurse Practitioner 1-4	15 -Wellbriety 12-1 @ HC	16 -PAL Course 9-3 @ HC (For those that have signed up)
17	18 -Equine Therapy 10:30 -Stretching and Mobility 12-1 @ HC	19 -Food Bank Deliveries -Wellbriety 6:30-7:30 @ HC	20 -Walking Group 10:30 @ DJM	21 -Foot Clinic	22 -Foot Clinic -Wellbriety 12-1 @ HC	23
24	25 -Stretching and Mobility 12-1 @ HC -Acupuncture 9-12 @ HC	26 -Wellbriety 6:30-7:30 @ HC	27 -Walking Group 10:30 @ DJM -Reiki Massage 1-5 @ HC	28 -Nurse Practitioner 1-4	29	30

# Stretching and Mobility

Open to ?aqam community members  
(Designed For Elders)

**Dates And Times:**  
**November 4,18,25**  
12-1 pm



**Location:**  
Health and Wellness  
Centre

Contact Tara or the Health Centre with any questions or more info:  
Health Centre: 778-761-0917



# Physiotherapy services

First Thursday of every month.

1 Hour Sessions

First Date:

November 7th from 9am-12 pm.

At the Health Centre.

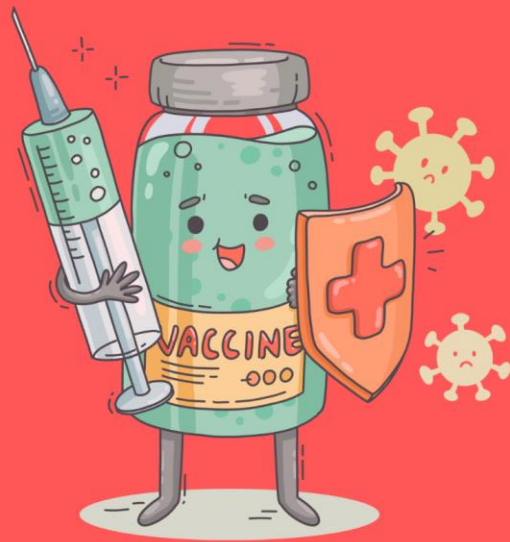
No Cost to ?aqam members.

Contact Jenny to make an appointment.

778-761-0743



**Flu and Covid Vaccines are now available.**



**Call Jenny or Jessica to Book.  
Appointments Available Monday-Thursday 9-4**

**Jenny: 1-778-761-0743  
Jessica: 1-778-761-0917**



**Who:** People living with type 2 diabetes, and anyone wanting to learn about living well with type 2 diabetes

**What:**

- Eight session series introducing living well with diabetes
- Information sharing, storytelling, activities and building your own diabetes wellness plan

**Where:**

*Aqam Health + Wellness center*

**When: November 2024.**

**Dates to be determined**

For more information or to register contact:

*Jenny Damstrom  
CT18) 761 0743  
jdamstrom@aqam.net*





## Reiki Massage and Energy Readings coming to ʔáqam

Hello, I'm Terra, I have a deep passion for holistic healing and personal growth, I'm thrilled to offer my expertise and energy to support your well-being.

At the ʔáqam Health and Wellness Center, I specialize in treatments designed to align, balance, and rejuvenate your energy:

- Reiki Healing: A gentle, hands-on approach to help restore inner peace and promote emotional and physical healing.
- Reiki & Massage: Experience a unique combination of soothing energy healing with therapeutic massage to relieve tension and restore balance.
- Chakra & Aura Health Reports: Gain insight into your energetic system and receive personalized tools for healing and alignment. I'm excited to connect with you and help you reach your fullest potential.

For an appointment, call Jessica at the ʔáqam Health and Wellness Center: 778-761-0917

## Acupuncture Clinic Coming to ʔáqam

Allow me to introduce myself, I'm Heather Fischbuch, a registered Acupuncturist, grateful to be living in your beautiful historic region. I have had a clinic delivering wholistic health care in Invermere for the past 5 years, and prior to that had a health spa in Radium.

Acupuncture and Traditional Oriental Medicine that I practice also includes herbals medicines, and nutrition therapy. The world health organization recognises over 150 diseases that benefit from treatments of acupuncture. Some of the common diseases that I have personally treated are: migraines, arthritis, Irritable Bowel Syndrome, Infertility, pain from old injuries, strokes, degenerative discs, headaches, gout, allergies, asthma, chronic fatigue syndrome, long covid, dizziness, anxiety or depression, hypertension, insomnia, palpitations, rashes or eczema, to name a few.

The needles are as fine as a hair and many times a person will have only a slight sensation of pressure. The majority of clients are seen for 3- 5 weeks in a row at a rate of once per week, then we reassess, and often are able to go to a maintenance plan with a few following tune ups per year.

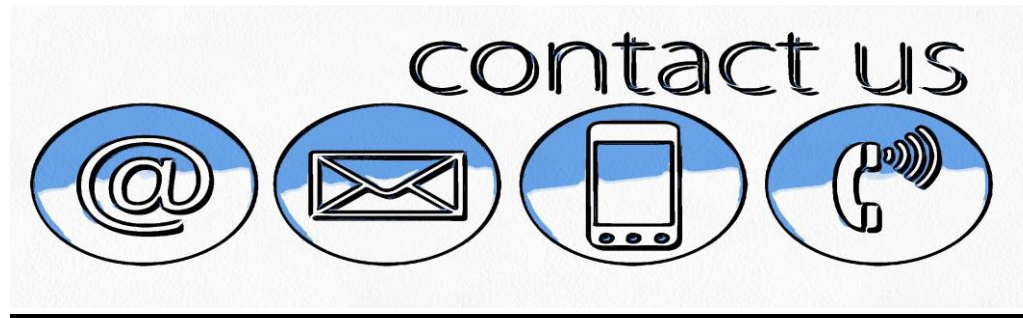
***There is funding through your Medical Service Plan and Pacific Blue Cross. ʔáqam Health and Wellness will cover costs beyond your insurance plans. For an appointment, please call Jessica at: 778-761-0917***

# Health Center Info

- Jenny, our Community Health Nurse, is available by appointment for clinic visits for health-related issues. This includes physical assessments, blood pressure, vitals, blood sugars or referrals to other providers.
- FREE Shingrix Vaccines available to Indigenous community members ages 65 and older (50+ with documented medical conditions)  
Contact Jenny for more information (778) 761-0743
- Harm reduction items available. Call or come to the Health Center. No name or info needed. Confidential.
- Community Driven Harm Reduction Project is in progress. Please contact Jenny or the Health and Wellness Team for more information on the Public Vending Machine and the Community Cupboard. We need your input on what items you want in these and where you want the community cupboard.







**Our Team is Available Monday - Friday 8:30-4:30. Excluding Statutory Holidays.**

- Jessica Cashen, Administrative Assistant [jcashen@aqam.net](mailto:jcashen@aqam.net) (778) 761-0917
- Jennifer Damstrom, Community Nurse [jdamstrom@aqam.net](mailto:jdamstrom@aqam.net) (778) 761-0743
- Pina Zilli, Registered Care Aide [pzilli@aqam.net](mailto:pzilli@aqam.net) (778) 761-1057
- Frankie Hunt, Registered Care Aide [fhunt@aqam.net](mailto:fhunt@aqam.net) (778) 761-0833
- Jackie Brown, Intake and Case Manager [jbrown@aqam.net](mailto:jbrown@aqam.net) (778) 761-1039
- Kim Halvorson, Social Development and Indian Registration Administrator [khalvorson@aqam.net](mailto:khalvorson@aqam.net) (778) 761-0913
- Oscar Mejia, Counsellor [omejia@aqam.net](mailto:omejia@aqam.net) (778) 761-1077
- Richard Leesman, Addictions Counsellor 250-919-4606
- Monica Lloyd, Director of Health and Wellness [mlloyd@aqam.net](mailto:mlloyd@aqam.net) (778) 761-0920

