

Members Update January and February 2015

East Beaches Regional Complex Inc.



www.living360.ca

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Living360™ wellness lifestyle recreation



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Founding Stakeholders

- ◆ East Beaches Recreation & Wellness Coalition
- ◆ Grand Beach & Area Development Corporation
- ◆ Grand Marais Recreation Association Inc.
- ◆ Grand Marais & District Senior Citizens
- ◆ R.M of St. Clements
- ◆ R.M of Alexander

The EBRCI Board of Directors

Marilyn Schneider President

Walter Kleinschmit V.P.

Dennis Wasylyniuk Secretary/Recorder

Catherine Chapman Treasurer

Directors at Large

Jack Aspin

Roger Batchelor

Roberta Carriere

Ed Gunning

Margaret Murray-Haddad

Dave Rogne

Vacancies

- The Board meets every 2nd Thursday each Month

- After a busy holiday season, the EBRC Inc. held an Open House December 29th, 2014. This event provided an opportunity for members, the community and community leaders to see what was going on inside.
- Although we are disappointed that we have not been able to entice a Primary Care doctor/pharmacy so far, we are continuing to learn what is possible under these trying times within the medical field. Ongoing meetings and alternative planning continues.
- Due to a resignation from the EBRCI Board, there is an opening for someone who wants to help us with this project. Contact Marilyn Schneider if you are that person.

Membership renewals are ongoing. Contact Jack Aspin if you wish to keep your membership current. Every little bit of Support Helps.

healthy
TOGETHER NOW "SPRING INTO WELLNESS"

APRIL 10 (Friday) 9:00 am – 3:00 pm

A no-cost day of presentations sponsored by a grant from "Healthy Together Now". Plan to spend the day with these exciting presenters. See attached for details. Lunch will be available at a cost of \$5.

Grand Marais Community Central 36058 Highway 12 <http://www.GrandMaraisCCandrvpark.ca/>

The Grand Marais Community Central building is located centrally within the East Beaches of Manitoba about a half kilometre from Grand Beach Provincial Park. Hidden behind GMCC is a lovely RV park complete with laundry facilities. Currently the building is fully staffed between May and October and is home to...

- ◇ A *Travel Manitoba Tourist Kiosk* plus a Welcome Centre where guests of the R.V. Park register for seasonal or short stays
- ◇ The Heritage Wing – which will see completion in the Spring of 2015—Grand opening expected in June 2015
- ◇ The large grounds feature a Veterans Memorial and benches; a Playground; and a Memorial Garden.
- ◇ Within the GMCC there is renovated rental space for wellness-related professional services.

Living360 is the vision of the East Beaches Regional Complex Inc. for the East Beaches community of Manitoba. The vision of EBRCI, through Wellness, Lifestyle and Recreation is also a promise to develop projects to provide the East Beaches community with health, security, quality of life support along with a centre for their social lives.

PRESENTERS FOR SPRING INTO WELLNESS DAY

FRIDAY, APRIL 10, 2015

Pre-registration is preferred by calling Margaret: 204-756-2181 or mmurrayhaddad@gmail.com

- **Tara Maltman-Just, B.Sc.(Pharm) RPh ABAHP FAARM:** Founder OF Vitality Integrative Medicine, speaking on the Gut-Brain Connection. She will include information on how this affects depression, mental health, immune function, healthy cortisol and adrenal health, and nutrition through leading drug-induced nutrient depletions.
- **Sherri Pickett, R.N, CDA, a Diabetes Clinician, Teacher & Researcher at St. Boniface Hospital** Presenting on Taking Control of Diabetes: you are in the driver's seat!
- **Constable Paul Human, RCMP Community Relations,** on topics of safety and crisis management.
- **Marilyn Schneider and Trevor Forkheim,** Dietitian at Pine Falls Regional Health Complex, will present demonstrations on home canning, as well as other food storage, nutrition and healthy eating tips.
- **The I.E.R.H.A.** will bring their Mobile Wellness unit and Team of Wellness Facilitators who are professionals in various fields of healthy living. They will do individual health checks and join with other local resources with displays on area resources for health and wellness.
- To conclude the day, there will be an opportunity to choose between a presentation on physical fitness or join with the **senior students from Walter Whyte School** to learn about Geocaching – the newest family recreational activity. *Geocaching is a worldwide adventure sport which utilizes GPS devices to hide and seek hidden containers called geocaches. Dress for weather conditions.*



EBRCI Memberships can be renewed by contacting Jack Aspin at email membership@living360.ca. Jack will be happy to get you set up again for another year for your \$10.



Roberta Carriere (Director) gets her flu shot from an Interlake Eastern Public Health Nurse on Nov 20th at our Flu Clinic at Living360 GMCC.