

January 2016
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Community Clinic Semi-annual Meeting

The Community Clinic invites you to attend our semi-annual members' meeting on January 13, 2016, 7 p.m. (registration 6:30 p.m.) at Mayfair United Church Hall, 902 33rd Street West.

Agenda includes: report from the Board of Directors; resolutions and guest presentation by Dr. Veronica McKinney, Westside Community Clinic Physician and Director of Northern Health Services on the Truth and Reconciliation Commission - Calls to Action.

For more information refer to the latest issue of [Focus \(Winter 2015\)](#).

Choosing Wisely Canada

The Choosing Wisely Canada (CWC) campaign is designed to help physicians and patients engage in conversations about unnecessary tests, treatments and procedures, and to help physicians and patients make smart and effective choices to ensure high-quality care.

The campaign includes plain language materials to help you learn about medical tests, treatments or procedures, when they are necessary and when they are not, and what patients can do to improve their health. Visit their website to learn about common tests, treatments and procedures at:

<http://www.choosingwiselycanada.org/news/>.

Change Your Brain, Improve Your Health

Join us for a free education session for Clinic patients. Topics to be covered:

- Understanding the new 'Brain Science' in simple terms that relate to our daily lives.
- Exploring basic skills that help us change our brain and impact our health.
 - Explore simple movement practices that grow awareness of body, breath, thoughts, emotions and why this matters.
 - Build our ability to focus on the present through mindfulness practices and how these impact our lives
 - Explore gratitude and self-compassion practices and what they can bring to our daily life.

Facilitated by Nayyar Javed (Psychologist) and Brenda Goossen (Occupational Therapist). Session will be held on February 10th, 2016 at the Red Cross Building (443

2nd Ave N.) from 4 - 6 p.m. Please register by calling (306) 664-4283. Space is limited, so be sure to register early.

Looking for Change? Become a Healthier YOU!

Do you find it difficult to eat well and remain active? Are you confused about what is the 'best' diet or latest exercise craze? Are you looking for a fresh start this New Year? We have an exciting new initiative for you!

The Saskatoon Community Clinic is planning to hold several informative sessions to support you in your goals of becoming healthier this year. Please watch for more information about this exciting new initiative on our website and around the Clinic.

Missed the Drop-in Flu Clinic?

The Saskatoon Community Clinic continues to offer flu vaccine until March 25, 2016 for those who meet the following criteria:

- Current patient of a Community Clinic physician.
- 6 months of age or older.

Please Note: FluMist is recommended for ages 2 yrs - 17 yrs and is ONLY available at a Public Health Clinic or Office.

No appointment is required, just drop in.

Seniors of Tomorrow Winter 2016 Education Series

The next Seniors of Tomorrow Education Program will take place on January 20th, 2016. The Topic is 'An Overview of Graphology' - a fun and informative session on the links between handwriting, personality and well-being.

All programs are held from 2-4 p.m. in the Langer Building (424 1st Ave. N). Saskatoon Community Clinic Members and Patients are welcome. For more information on this and other upcoming sessions please see the attached [poster](#).

Focus Winter 2015 Newsletter Now Available on our Website

The Winter 2015 Focus newsletter is now available on our website: [Focus \(Winter 2015\)](#).

Thank you for your on-going support of the Saskatoon Community Clinic!