



Hans Kai™



Supported the Creating Community Wellness Society.
Delivered by the Victoria Health Co-op, Weaving Wellness Co-op and Rainbow Co-op.

Hans Kai™: addressing a community wellness need

For many years healthcare professionals and policy makers have known that we need an Integrated Health and Wellness approach, not merely medical services. We need to encourage the full range of community members, wellness professionals including those in the medical and surgical fields to stretch their knowledge and work together. This is the path to reaching as many individuals and communities as possible, affordably and effectively. As this is so easy to say – why has it so rarely been implemented? What is needed?

We need a way, a vehicle, to make such a change easy, appealing and demonstrably cost-effective. We need a way to be bold and to challenge the archaic and overburdened medical system. One such tool is **Hans Kai™**. **Hans Kai™** requires a only minimal amount of costly and scarce healthcare or medical professional hours, is economically sound and is self-sustaining. **Hans Kai™** was developed after World War II in Japan where resources were very scarce. Six decades later, and in a very prosperous Japan, it remains highly effective. It was brought, successfully, to Canada, by Nor'West Co-op in Winnipeg, and then made available across Canada with the Victoria Health Co-op as the lead in BC.

Hans Kai™ works with groups of about 8-40 community members interested in making lifestyle changes, equipping them with the skills to take an active role in enhancing and managing their own health and wellness. **Hans Kai™** includes proper eating, active socializing, better mental health and stress management. Components can be added to meet the needs of specific groups such as youth, young families, seniors, GBLT participants, people living with altered brain function.

Hans Kai™ groups decide how often to meet, and for how long. The medical professional time commitment is low, generally around an hour for some of the **Hans Health School** sessions. Non-medical professionals and trainers facilitate, and support as needed. Community engagement is high, and the participants become healthier people.

Would a **Hans Kai™** program meet a need in your community? Are you interested in supporting **Hans Kai™** financially and/or by volunteering?

For **Hans Kai™** in British Columbia and Ireland, please contact Vanessa Hammond at the Victoria Health Co-op, vichealthcoop@gmail.com 250 415 9272. We are organizing **Hans Kai™** training in Kelowna April 26 – 28 (weavingwellnesscoop@gmail.com), in Duncan and Victoria in June and an introductory session in Cork, May 24th.

For all other locations, please contact Mike Sadlowski msadlowski@norwestcoop.ca or Michelle Kirkbride mkkirkbride@norwestcoop.ca in Winnipeg, 204-938-5971.

To donate to "The Health Charity", CRA 833835457, please mail to CCWS c/o the James Bay Community Project, 547 Michigan St. V8V 1S5.