



**Victoria Community Health Co-op (VHC)**  
Serving and supported by our Member-Owners and Community  
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## “No-Touch Wellbeing Sunday”

Sunday, April 19<sup>th</sup>

1-3pm

*Join us by phone, tablet, or laptop!*

This will be the first event in a new series, a concept introduced by the “Wellbeing Sunday” team: Abi, Peter, Kelsey and Vanessa. The initial idea was to meet in the Cook St Village Activity Center lounge and “go round the circle” introducing ourselves and our wellness specialty, then have a general discussion and pass the jar for donations. A great idea! Then COVID-19 came to visit so we changed plans. We will now meet by Zoom video-conference to avoid any exchange of germs or virus. To register for the webinar, visit our homepage or check out the “Events” on [www.victoriahealthcooperative.ca](http://www.victoriahealthcooperative.ca)

Join us to meet the wonderful VHC members who will share brief introductions to useful information on a range of health and wellness topics and practices, and will be available for questions and general discussion:

- Abi will introduce us to the wide range of benefits and services available to Victoria Health Co-op Members from *Fort Royal Pharmacy*
- Beth will give her expert guide to navigating the BC Healthcare System, *‘Learning the Ropes’*
- Kayla will share information on *‘How a Nurse Practitioner Team Serves the Community’*
- Gregg will share tips on how to achieve *‘Rapid Results’ when coping with stress*
- Peter’s topic is *‘Falling in Love with Life Again’*
- Vanessa will give an update on the *VHC’s adaptation to COVID-19* and progress on the *Nurse Practitioner Clinic*

Our Members are excited to further connect and educate our community with this new online event. Please consider donating if you can to help support upcoming VHC programs, and mark your calendars for our next *“No-Touch Wellbeing Sunday” via Zoom on Sunday, May 24<sup>th</sup>, 1 – 3pm!*

The **Creating Community Wellness Society**, CRA 833835457 RR 0001, supports health and wellness work of the VHC and others. To donate click the button on [www.victoriahealthcooperative.ca](http://www.victoriahealthcooperative.ca) or mail to c/o 1-380 Cook St, Victoria, V8V 3X7. Please let us know if you would like a charitable donation receipt. Thank you!