



READ ALL ABOUT IT!!!

The following articles were accidentally left out of the November issue of the WESTMINSTER WORLD

Heartfelt apologies to the Wellness Committee.

What's up with the Wellness Committee this November?

At this time of year we are thankful to our Creator for the beauty of the fall season and nature's bounty that we are fortunate to share. Naturally we start to think that wintertime is not far off. As we gather more often indoors and turn on furnaces, we are reminded influenza season also comes with it. Information, on strategies to protect ourselves and others, on this year's flu vaccine can be found at the Durham Region Health Department website: www.durham.ca "Facts About Influenza" can also be found on the information table in the Westminster narthex. Proper hand washing is the single best defense to prevent the spread of cold and flu viruses.



November is upon us, so let's talk particularly about men's health! For several years November has been "Movember" month and this public awareness campaign has served to focus our attention on the topic of prostate cancer. The "Movember" campaign also addresses other aspects of men's health such as awareness of testicular cancer, the need for physical activity and attention to mental health.

In the future the Wellness Committee will be planning opportunities for more conversation and communication around these topics. In that regard, please let us know if you have suggestions or information you would like to share with our committee. Meanwhile we have listed a few internet resources which may be of interest to you.

Suggested websites and topics:

www.medicinenet.com – Men's Health Centre: Information on Men's Health Issues

www.prostatecancer.ca

www.Movember.com

www.cmha.ca/suicide

www.mayoclinic.org/testicularcancer

As followers of Jesus Christ, we strive for whole health of body, mind and spirit.
Blessings from the Wellness Committee.

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