

## About the Health Co-op . . .

In 2002 a group of concerned citizens formed Community First Health Co-op to enhance and support local health care services. It was incorporated on February 27, 2003.

The Co-op's focus is on health and wellness — keeping communities healthy.



**Building Healthy Communities**

## *Our Mission:*

*The mission of the Community First Health Co-op is to enhance the health and wellness of communities, families, and individuals by providing services through a co-operative partnership of consumers and health service providers.*

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Invest today in a healthy  
Community — Join  
**COMMUNITY FIRST HEALTH CO-OP**

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(Volunteer-run, non-profit organization)

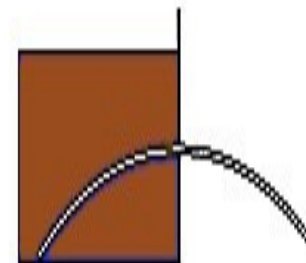
**#204 - 518 Lake Street  
Nelson, B.C. V1L 4C6**

**E-Mail: [cfhcoop@shaw.ca](mailto:cfhcoop@shaw.ca)**

**Website: [www.healthco-op.ca](http://www.healthco-op.ca)**

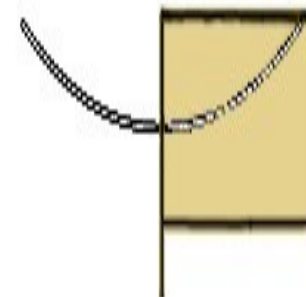
**Facebook: Community First Health Co-op**

**Twitter: [@CFHCoop](https://twitter.com/CFHCoop)**



COMMUNITY FIRST

HEALTH CO-OP



**Working to build Community-based  
solutions in Health Care**

## Why a Health Co-operative?

- **Community-Oriented** - because we live here;
- **Locally-Controlled** - community-based volunteer Board of Directors elected on the principle of “one member - one vote”;
- **Not-for-Profit** - profits reinvested back into health care services;
- **Practical** - provide services in partnership with consumers and health-care providers;
- **Emphasis** - on health promotion.



**Healthy Solutions for Healthy Communities**

## The Growth of the Co-op Future . .

The Health Co-op has come a long way since 2002. We are incorporated as a Co-operative and are focusing our efforts to ensure the health and wellness of our community.

### Services that the Co-op could contribute:

- home support for community residents;
- chronic disease management and support;
- community care teams focused on vision, nutrition, hearing, speech and dental health;
- supportive living programs;
- affordable housing;
- health education series for the public;
- other health and wellness initiatives.

### NELSON AND AREA WELLNESS AND EDUCATION CENTRE

Traditional and alternative health practitioners are located in the **Nelson and Area Wellness and Education Centre** at 518 Lake Street, Nelson, V1L4C6 which was purchased by the Co-op in 2006.



## Membership privileges:

Opportunity to plan for a healthy community. Your membership helps create innovative solutions for wellness, housing and alternate care.

## Join us, become a member:

- complete a membership form & a members' *Memorandum of Understanding*. Membership forms are available from the lobby of the **Wellness and Education Centre**, 518 Lake St., Nelson, B.C.
- drop it off at the Health Co-op office (upstairs, turn left, slide under door) or mail to the address on the back. Your membership card will be mailed to you.

<b>Regular</b> <i>(individual or joint)</i>	(1) share	\$ 10.00
<b>Corporate</b>	(10) shares	\$ 100.00
<b>Enhanced Membership</b> \$10.00 per share <i>(purchase outright or add to basic membership)</i>		
<b>Copper</b>	(5) shares	\$ 50.00
<b>Bronze</b>	(10) shares	\$ 100.00
<b>Silver</b>	(20) shares	\$ 200.00
<b>Gold</b>	(50) shares	\$ 500.00
<b>Platinum</b>	(100) shares	\$1,000.00