



(A Volunteer-run, Non-profit Organization)
#204 - 518 Lake Street, Nelson, B.C. V1L4C6
E-mail: cfhcoop@shaw.ca Website: www.healthco-op.ca

Dear Members,

On behalf of the board of Community First Health Co-op, I would like to extend our greatest appreciation for your work to fulfill the communities' vision for a community health centre where people work together to achieve the best possible health outcomes and quality of life for area residents.

The Nelson and Area Wellness and Education Centre works to support individuals and families through a team approach. The Centre offers prenatal care, support for babies and their families, emerging emotional and health issues, increasing access to dental care, chronic health challenges including pain and addiction, chiropractic care, massage, acupuncture, Chinese medicine expertise, employment training and opportunities (known to be a major determinant of good health). The collaboration of over 50 health related service professionals in our centre are committed to your well-being.

The operation of the Nelson and Area Wellness and Education Centre heralds the heights that can be achieved when people work for concern for community - the seventh principle of co-ops. The vibrant, shared vision for wellness is supported by the participation of over 70 volunteers from all lifestyles. Architects, engineers, backhoe operators, pavers, plumbers, electricians, HVAC specialists, real estate agents, accountants, financial advisers, surveyors, The Nelson and District Credit Union, The Kootenay Co-op Country Store, 17 organizations and volunteers of the Community Resource and Education Centre and all of the practices and services at Community First Health Co-op.

Your work to build the communities' vision is visited regularly at www.healthco-op.ca by people in neighboring communities, provinces and indeed, the world.

This is your health co-op where your voice is valued. Your ideas and suggestions are welcomed at any board meeting, which meets the second Monday of each month at the co-op, and or online: cfhcoop@shaw.ca. Suggestions can also be dropped through the mail slot of the Co-op's office on the second floor. If you would like to join the community conversation for wellness as a volunteer, please contact, Lonnie Facchina at lonnie.facchina@mssociety.ca.

Congratulations to all members! You are doing remarkable work to create healthy solutions for healthy communities. Your participation is the key for Community First Health Co-op's work.

Sincerely,

A handwritten signature in cursive script that reads "Debby Zeeben".

Debby Zeeben

Chair