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## Blue Water District

### New Co-op Store and Wellness Day Promote Healthy Choices

A co-op store opened recently in Seymourville, Manitoba. For those Manitobans with a Safeway just down the street that might not be big news, but in Seymourville, groceries have traditionally been expensive and selection limited. It's been an hour's drive for a better selection of groceries. In Seymourville, freight comes in once in a week, and "you have to be there johnny-on-the-spot and have the money to pay for fruits and veggies," said CDPI facilitator Susan Spindler. "Milk is \$6.49 for two litres and you can buy a lot of pop at 99 cents per two-litre for that price."

The new co-op is offering a better selection of healthy foods, and to support that, the Blue Water district CDPI funded an "Explore the Store" event where facilitator Spindler and a dietitian promoted healthy

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food choices, such as oatmeal, brown rice, low-fat soups, and fresh fruits and vegetables. A table was set up with free coffee and literature was handed out on topics like diabetes awareness, smoking cessation, and exercise programs.

Everyone who took a label-reading tour with the dietitian was entered into a draw for a hamper of healthy groceries and a soccer ball. The co-op manager has even set up a corner of the store dedicated exclusively to healthy food.

CDPI also participates in an annual Women's Wellness Day in the district, in partnership with the RHA, the Pine Falls Women's Auxiliary, the Wings of Power Family Resource Centre, and a number of other groups.

Organizations such as the Heart and Stroke Foundation of Manitoba and the Alzheimer Society set up informational displays for the event, and this year Cancer Care Manitoba was on hand with a brand new presentation called "Know Your Risks." Another well-received workshop addressed "Motherhood and Stress."

A central focus of the Women's Wellness Day is preventing cervical cancer. For women who are more comfortable with seeing a female practitioner, the Wellness Day offers PAP tests with a female doctor. Event organizer Spindler, who is also the Blue Water District Wellness Facilitator, said the day is geared toward women who don't regularly have PAP tests. "We're trying to draw in women across the life span," she said.

Sixty women were checked for signs of cervical cancer at this year's Wellness Day, and organizers are looking for ways to increase that number. The Women's Wellness day is one initiative in the Blue Water district aimed at chronic disease prevention.

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Take Note

- Cervical Cancer is second only to breast cancer as the most common cancer in women.
- About 50 Manitoba women are diagnosed with cervical cancer every year.
- Most women who are diagnosed with cervical cancer have never had a Pap test or haven't had one in over 5 years.
- The best thing you can do to reduce your risk of cervical cancer is to have a Pap test regularly.

[http://www.cancercare.mb.ca/home/patients\\_and\\_family/prevention\\_and\\_screening/manitoba\\_cervical\\_cancer\\_screening\\_program/](http://www.cancercare.mb.ca/home/patients_and_family/prevention_and_screening/manitoba_cervical_cancer_screening_program/)