

thrive

living **healthy**. living **well**.



First Mobile Clinic for Prairie Mountain Health Hits the Road

Left: Exterior of Mobile Clinic showing the wheelchair lift. **Above:** Interior of the Mobile Clinic showing the office/ waiting area with the examination area at the rear.

It is an innovative approach that will remove barriers to health care by bringing it to the people who need it. Prairie Mountain Health (PMH) is the first health region in Manitoba to have a new Mobile Clinic; a bus that has been specially designed to be a fully functional primary care clinic.

The Mobile Clinic is meant to improve access to local primary health care services for people living in smaller, underserved communities. This clinic will be rolling into selected PMH communities starting in February.

The Mobile Clinic will be staffed by a Nurse Practitioner and Registered Nurse (Primary Care Nurse) who will offer a range

of primary care services. Nurse Practitioners can prescribe medications, order and manage the results of screening and diagnostic tests and perform minor surgical procedures. The bus does not carry medications but can send prescriptions to the pharmacy of your choice. This mobile health center, which is wheelchair accessible, comes with two exam rooms and

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Health and Wellness for All

Penny Gilson

CEO, Prairie Mountain Health

I always find it hard to believe when another year has passed, but here we are again embarking on a new year—2014. For those of you who were fortunate enough to be healthy and happy in 2013, I wish you the same in the coming year. For those of you who experienced hurt, sorrow, loss, pain for whatever reason, I hope that support from loved ones and time will help to bring you renewed strength.

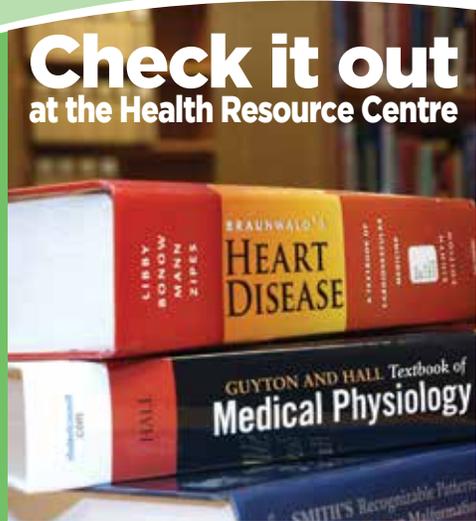


Penny Gilson, CEO, Prairie Mountain Health

I encourage you all to try and make one healthier lifestyle choice in 2014. Working in

health care, we see the suffering that happens every day for people who are not healthy. My wish for everyone in 2014 would be to be healthy—as the lack of health impacts virtually every other aspect of a person’s life. For anyone experiencing health issues, I hope we can be there for you to minimize the impact, ease your suffering, and if at all possible cure whatever it is that ails you. For those of you who know that there are different choices you could make to prevent illness or improve your current health status, I hope you will accept my challenge. This issue of *Thrive* provides information on some of those choices we can all endeavor to make.

So please accept my personal wish for *Health and Wellness for All in 2014*. ■



Check it out at the Health Resource Centre



Quitting smoking

can be quite challenging. Be prepared and arm yourself with knowledge! **100 Questions and Answers About How to Quit Smoking** provides practical facts and advice on the effects of smoking, the best strategies for quitting successfully, and suggestions for staying on track.



From the experts at the

American Cancer Society, **Kicking Butts: Quit Smoking and Take Charge of Your Health** has the information you need to understand the impact smoking has on your health, choose a quit plan that will work for you, and tackle any challenges you will face on the road to becoming smoke-free.



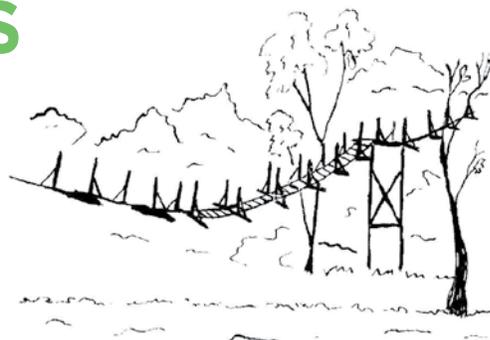
A two-part DVD

series, **Smoking: Getting Ready to Quit** will help you understand tobacco addiction and design your own personal program to kick the habit. **Smoking: Staying Quit** will keep you on the right path by providing helpful tips and tricks for coping with cravings and preventing relapses.

The featured books are available to borrow at the Health Resource Centre (HRC), located at the Brandon Regional Health Centre, or check your local library. The HRC is open to the public Monday to Friday, 8:00 a.m. to 4:30 p.m. To contact us, please call 204-578-4080 or email library@pmh-mb.ca.

CAMP BRIDGES

Camp Bridges is a weekend camp for children and teens who have lost someone special to them. We have already begun planning for Camp Bridges 2014, which will be held in Pembina Valley Bible camp near Morden. In 2013, the camp was held at Camp Wannakumbac near Clear Lake. The goal of the camp is to provide a camping experience for bereaved children and teens within a safe, supportive, and fun environment. Each year the camp takes up to fifty children aged 7-17 years. Camp activities are designed to help share grief, honour memories, and have some fun.



“Love Builds Bridges Where There Are None”

THANK YOU!

We would like to extend our utmost appreciation to the following donors:

“Donor of the Camp” – Gold Sponsor
Prairie Mountain Health Staff Jeans Day

“Sponsor of the Camp”
Project Linus & Strathclair Sewing Circle

“Supporter of the Camp” – Silver Sponsor
Manitoba Hydro Minnedosa & Area Staff
RM of Park

“Friend of the Camp” – Bronze Sponsor
MNU Local #B1, Carman, Manitoba
RM of Louise

First Mobile Clinic

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is equipped with the required medical and diagnostic equipment.

“We are extremely pleased the mobile clinic will begin seeing patients in our health region,” said Penny Gilson, chief executive officer, Prairie Mountain Health. “This will provide for further outreach opportunities allowing health care professionals to see patients close to home and will improve access to primary care service in many communities.” The services are provided free of charge for people of all ages with a provincial health card.

What services will the Mobile Clinic provide?

Mobile Clinics provide the full range of primary care services including:

- routine check-ups
- treatment for minor ailments
- help with managing a chronic disease or condition
- wound care
- sexually transmitted infection (STI) testing
- care of women, children and men
- health promotion and education
- immunization
- referral and linkage to health and social services supports

What communities will the Mobile Clinic visit?

The Mobile Clinic in Prairie Mountain Health region will begin serving the communities of San Clara, Binscarth, Birdtail Sioux First Nation, Tootinaowaziibeeng First Nation (Valley River), Keeseekoowenin Ojibway First Nation and McAuley. Surrounding communities are also encouraged to use the Mobile Clinic.

The service is intended to serve Manitobans who do not have a regular family physician. It will also provide service to those with a regular physician or nurse practitioner who need care when the clinic is in the community. If the patient agrees, a report of the visit will be sent to the patient’s regular



physician, nurse practitioner or community health nurse to ensure continuity of care.

What is the Mobile Clinic schedule for my region?

The Mobile Clinic will establish a reliable and predictable schedule of visits to each community. Both walk-in service and appointments are available.

For an appointment or to find out the clinic schedule for the Mobile Clinic, please call 1-877-378-3077 or visit www.prairiemountainhealth.ca. You can also get information about the clinic schedule or any updates on cancellations due to weather, from HealthLinks/Info Sante by calling 1-888-315-9257.

Why is Manitoba introducing Mobile Clinics?

Mobile Clinics bring reliable access to primary care to people living in some of Manitoba’s smaller underserved communities. Having access to a regular health care provider will help people living in these communities receive ongoing health care and support close to home when they need it. This can result in fewer complications and emergency department visits. Your overall health in the future can be improved by getting preventative care for chronic health conditions as well. It will also save time and transportation costs for patients, by bringing primary care services to their community.

Prairie Mountain Health is excited to be part of this new initiative and look forward to this partnership with communities and working closely with local health care providers to

bring this unique model of health care to your community. Mobile clinics are part of a larger government strategy to provide primary care services in a consistent, co-ordinated way to meet the needs of Manitoba families. ■

Links

- “How to get the care you need when you need it” – infohealth Guide
- Family Doctor Connect line
204-786-7111 in Winnipeg or toll-free at 1-866-690-8260; TTY/TDD: 204-774-8618 or toll-free 1-800-855-0511 (Manitoba Relay Services).
- What is an RN and an RN(EP)/NP? (www.crnmb.ca)—College of Registered Nurses of Manitoba

Mobile Clinic Schedule

February 2014	
Date	Community / Location
4	Tootinaowaziibeeng First Nation (Valley River)
5	Birdtail Sioux First Nation
6	San Clara
11	Keeseekoowenin First Nation
12	McAuley
13	Binscarth
18	Tootinaowaziibeeng First Nation (Valley River)
19	Birdtail Sioux First Nation
20	San Clara
25	Keeseekoowenin First Nation
26	McAuley
27	Binscarth

Early Childhood
Development

It Takes a Village

Eunice Lunsted

Manager Public Health - Dauphin Site

Have you ever heard someone say, “It takes a village to raise a child”? Do you think that is true?

Parenting is one of the hardest jobs in the world, and the most important job we will have in our lifetime. Many of you will recall that moment seeing your newborn for the first time. That was just the beginning of the lifetime commitment we would have with our newest addition to our family. We all want the best for our children—to succeed in life, to become mature responsible healthy adults of the future. That statement is easily written on paper, but how do we produce mature, responsible, healthy adults of the future?

The first five years of a child’s life have a



Lindsay, Sienna and Paisley Mercure take part in the Health Beginnings group in Brandon.



Kristen Laquette and baby Alyssa attend the Healthy Baby Program at the Dauphin Friendship Centre.

profound impact on their brain development, health, and successes for their future. Our children deserve the best start in life.

There is a science behind early childhood development that has been researched for many years. What exactly does early childhood development mean? Early childhood development is more than just play and imagination. It’s about developing mentally, physically, socially and emotionally. Early experiences shape how the brain is built. A strong foundation in the early years increases the possibility of positive outcomes, while a weak foundation increases the odds of difficulties later in life. Toxic stress in the early years of life damages the developing brain.¹ This leads to problems with learning, behavior, and increases risk of physical and mental illness, including addiction.

In other words, children who live in health-promoting environments and have positive early experiences tend to go on to complete more years of school and have higher-paying jobs, as well as live healthier and longer lives. Children who experience significant adversity early in life without consistent support from caring adults are more likely to drop out of school earlier, earn less, depend more on public assistance, adopt a range of unhealthy behaviors, and live shorter and less healthy lives.²

You are probably wondering how that

relates to “It takes a village,” right? Well, the early childhood development is influenced by many factors internal and external to the family unit. We know there are twelve determinants of health that affect the health of all of us. Healthy childhood development is one of the twelve determinants of health. You may ask “What are the other eleven determinants of our health?” The most influential determinant of our health is income. Are you surprised? The healthiest populations are those in societies which are prosperous and have an equitable distribution of wealth.³ Why does income have such a major influence? Higher income determines living conditions such as safe housing and the ability to buy sufficient, nutritious food. The other determinants of health are: social supports, education/literacy, employment/working environments, physical environments, social environments, personal coping skills and health practices, genetics, health services, gender and culture.⁴ Are you surprised again? Did you know there were so many factors that influence our health, and our children’s health? You may be asking yourself, “How does this relate to the village?” What is the child’s social environment around them? Is the child loved, nurtured and cared for? We can all be supportive to the children in our communities. Families experience challenges, on a daily basis, trying to make ends meet, trying to provide the best for their children; but life has stressors that

influence their abilities. How can we support them? We can support them by all of us taking responsibility for the supportive environments in which the children of our communities live. Reach out, and make a difference for these children of our future. The village is a web of supports from: family, friends, neighbors, schools, churches, employers, and government support programs.

Healthy Child Manitoba is dedicated to the well-being of children and youth in Manitoba. Their goals are for Manitoba children to be physically and emotional healthy; to be safe and secure; to be successful at learning; and to be socially engaged and responsible. Prairie Mountain Health (PMH) plays an important role in this investment by offering many programs and services that support early childhood development. Provincial wide initiatives funded by Healthy

Child Manitoba include but are not limited to: the Healthy Baby Manitoba Prenatal Benefit which assists income eligible pregnant women to meet their extra nutritional needs during pregnancy. The Healthy Baby Community Support Programs are group get-togethers that provide practical information related to prenatal and healthy child development. The Families First program is a program delivered by home visitors and Public Health Nurses who support families in building a strong relationship with their child and family. Triple P – Positive Parenting Program is an initiative that provides parents with access to parenting supports, parenting information.⁵

To find out when Prairie Mountain Health offers these programs in your community call your local Public Health office for more information or visit our website at www.prairiemountainhealth.ca

under Programs and Services.

In summary, early childhood experiences are influential factors for a child's development. We can all make a difference in that development by providing supportive, nurturing environments for our children to be those children who are physically and emotional healthy; safe and secure; successful at learning; and socially engaged and responsible. It does take a village! ■

References:

1. Centre on the Developing Child, Harvard University http://developingchild.harvard.edu/resources/multimedia/interactive_features/biodevelopmental-framework/
2. Centre on the Developing Child, Harvard University http://developingchild.harvard.edu/resources/multimedia/interactive_features/biodevelopmental-framework/
3. Public Health Agency of Canada www.phac-aspc.gc.ca/ph-sp/determinants/
4. Public Health Agency of Canada www.phac-aspc.gc.ca/ph-sp/determinants/
5. Healthy Child Manitoba www.gov.mb.ca/healthychild/index.html



Christa Veitch

Health Promotion Coordinator – Rivers Site

Their project is called “Waywayseecappo Takes the Blue Outside.” It is a way for this community to promote tobacco reduction by encouraging residents to live in a smoke-free environment. If a home is smoke-free, they receive a blue light bulb to use as their porch light for all to see their commitment. In Brandon, it was all about promoting healthy eating. This was achieved by assisting and supporting numerous community gardens. Travel to the community of Birch River and you would find a cooking club called “Kids in the Kitchen,” a program that helps kids learn how fun it is to cook healthy food. These are just a few of the projects initiated to promote healthy living behaviors and they were all made possible through the *Healthy Together Now* funding.

Healthy Together Now is a community-led, regionally coordinated and government supported, grassroots program to help prevent chronic disease in Manitoba. Projects are planned and led by individual communities

and groups while the Manitoba Government and regional health authorities provide funding, support and training. *Healthy Together Now* activities address the four healthy living behaviors that help prevent chronic disease: tobacco reduction, healthy eating, increased physical activity and positive mental well-being. Participating communities and groups identify needs, plan, implement and evaluate projects that promote healthy living behaviors in their community. These projects aim to reach people of all ages at home, at school, at work and in their community setting.

Healthy Together Now projects are:

- *Grassroots:* Community members identify, initiate and lead projects.
- *Evidence-informed:* Evidence is used to plan and design each project and to measure its effectiveness.
- *Integrated:* *Healthy Together Now* aligns and blends with existing programs to add value and enhance their reach.
- *Focused:* Projects target priority populations as identified by communities and health regions.
- *Sustainable:* Strong partnerships and community ownership promote lasting effects.

The goals of *Healthy Together Now* are to:

- Support community-led prevention activities.

- Get organizations, communities, regions, and government working together to prevent chronic disease.
- Join with and build on existing prevention programs.
- Increase skills, knowledge and ability to carry out prevention programs to address different levels of health.

There are many chronic diseases affecting our communities such as diabetes, heart disease, cancer, high blood pressure, to name a few. Chronic disease prevention is something all of us can help promote in our communities. *Healthy Together Now* funding is available in the Prairie Mountain Health region for chronic disease prevention activities.

For more information on how your community or group can get involved and/or access funding please contact the following Prairie Mountain Health staff:

Brandon: Shauna Woodmass, Health Promotion Education Specialist
1-204-578-2192 or swoodmass@pmh-mb.ca

Outside of Brandon: Carol Schnittjer, Community Health Nutritionist/Health Promotion Coordinator in Dauphin at 1-204-629-3002 or cschnittjer@pmh-mb.ca **OR** Christa Veitch, Health Promotion Coordinator in Rivers at 1-204-328-7101 cveitch@pmh-mb.ca

My Young Athlete Does *What?*

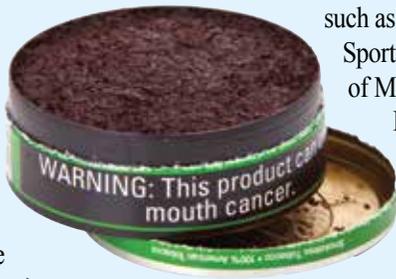
There is a dangerous and expensive habit on the rise in certain youth and young adult sports...

Tara Smith

Health Promotion Coordinator - Hamiota Site

Hockey season is in full swing and if you're a hockey parent you are likely spending much of your time at the rink cheering on your little superstar. What you may not expect from this great national sport is the good chance that your son may try and become a regular user of smokeless tobacco (commonly known as chew or spit tobacco). Sport and health officials have noticed a rise in chew use in recent years especially among higher performance male athletes.

When asked about chew in hockey, Dallas Drysdale, a Dauphin Native who played four years in the Manitoba Junior Hockey League (MJHL) and has recently won nationals with Minot State University, says "It happens to a lot of players." He tried his first chew when he was 14 and then continued using chew in hockey and baseball



the following year. "It would be nice if I had not started (chew) because it's just one more risk for cancer that I've exposed myself to." says Drysdale.

According to the *Canadian Tobacco Use Monitoring Survey (CTUMS)*, about 8% of the general population have tried chew; recent studies show a much different story in sports such as hockey, baseball and rugby. The Sport Medicine and Science Council of Manitoba have surveyed many Manitoba athletes in recent years and the statistics show about 50% of 16 – 21-year-old higher performance hockey players are using chew. This statistic is consistent over a 5-year period. Like Drysdale, 80% of chew users surveyed started in minor hockey with the average age of onset being 15 years old.

The promising news is that health and sport officials are becoming more aware of the issue and are starting to do something about it. An initial strategy is to build public awareness and sport specific education for parents, players and coaches about the risk of young male athletes starting to use chew. Since chew tobacco contains high amounts of nicotine, the addictive part of tobacco, quitting is very difficult especially for long time users. About 40-60% of users will develop red or white patches in the mouth, some of which will develop into oral cancer. Therefore, prevention in the younger age groups (age 12 to 14) is important.

Most parents do not know that their child used chew until two years after they started. Experts suggest that you ask your son yearly about chew and advise him of the health risks and addictive nature of chew. If you know or suspect that your son uses chew tobacco, encourage him to go to the dentist every year. A dentist can check for any changes in the mouth such as red or white patches that can turn into oral cancer, as well as look for signs of gum disease that can result from using chew tobacco.



Smokeless Tobacco Facts

- Chew has 3000 chemicals and 28 known carcinogens
- The average "dip" is similar to smoking 4 cigarettes
- Can cause oral cancer as well as cancers of the throat and esophagus
- Also causes teeth staining, dental caries, gum and tooth disease—above facts from PACT—see reference above
- 2** - number of years it takes most parents to know their child uses chew
- 15** - average age of first exposure to chew
- 50** - percentage of male hockey smokeless tobacco use (5-year trend in MB)
- 71** - percentage of smokeless tobacco users who reported adopting smokeless tobacco in a sport setting.
- Use of smokeless tobacco is more prevalent in the western provinces and use is higher in rural areas compared to urban settings
- First eight facts presented above are from the Executive Summary of the report on *Smokeless Tobacco Use by Athletes* (reference on page 8). Final fact is from the *Canadian Tobacco Use Monitoring Survey*.

Drysdale's advice for younger players thinking of trying chew tobacco, "If you can avoid it (chew) do. There is no need to chew." He suggests trying sunflower seeds instead because it is mostly just having something in your lip. He also says, "Just because we thought it was sweet back when we were your age doesn't mean you have to follow in our tracks. Don't let your friends talk you into it. Stand tall!" That is solid advice coming from someone who has been there.

Prairie Mountain Health (PMH) is committed to helping people quit smoking and that includes the smokeless tobacco user. According to the Canadian Cancer Society

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Photos: Left: ©shutterstock.com by Shane Trotter. Above: ©shutterstock.com by Shooter Bob Square Lenses

Radon: Second Leading Cause of Lung Cancer

Dr. Amy Frykoda

Medical Officer of Health, Prairie Mountain Health

Reducing your cancer risk could be just below your nose or your feet...literally. Radon is a gas that occurs naturally outdoors and is the second leading cause of lung cancer. It cannot be seen or smelled. It comes from the breakdown of uranium in rocks and soil, and it can move easily through the soil to enter the air we breathe.

Radon can enter buildings through cracks or gaps in the walls and foundation. When radon is confined to poorly ventilated spaces it can accumulate to high levels; these are generally in basements or crawl spaces because they are nearest to the source. Getting your home tested for radon can help protect you from an increased chance of developing lung cancer. According to Health Canada, Environmental and Workplace Health, 16% of lung cancer deaths in Canada are attributable to radon exposure.

What are the health effects of radon?

When radon gas is breathed in, it can enter the lungs and can expose the lungs to small amounts of radiation (“alpha particles”), which may damage or kill the cells in the lungs and this could lead to lung cancer.

Lung cancer risk is higher for those who have had many years of exposure to radon in their homes. The risk of lung cancer from radon is much lower than from smoking; but, if you smoke and are exposed to elevated radon levels, the risk of developing lung cancer is much higher.

What are the radon levels in Manitoba?

In a recent *Cross-Canada Survey of Radon Concentrations in Homes*, Health Canada has estimated that about 7 percent

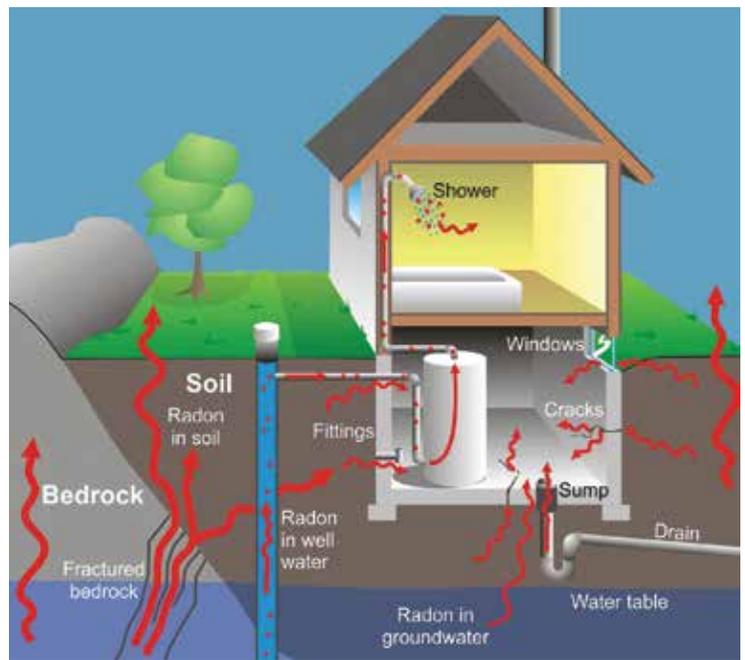
of Canadians and about 19 percent of Manitobans are living in homes above the Government of Canada Radon Guideline; within Manitoba, 41 percent of houses in Prairie Mountain Health tested above the guideline based on the *2011 Cross-Canada Survey*. If a home/building tests above the Government of Canada Radon Guideline, action should be taken to reduce your exposure.



Photo: ©shutterstock.com by Sebastian Kaulfzki

How do I test for radon level in my home?

All homes will likely have some level of radon present and the only way to know how much is to test. Radon testing is relatively inexpensive and simple. Radon detectors



©Her Majesty the Queen in Right of Canada, represented by the Minister of Health (2012).

(test kits) can be purchased from various organizations/businesses for approximately \$50 to \$100. For a list of places to buy radon detectors, visit http://www.takeactiononradon.ca/file/take-action/pdf/where-to-buy-radon-test-kits_english.pdf. When buying a radon detector, it is important that it is a long-term test kit (one that measures radon levels for at least three months), as Health Canada recommends homes be tested for a minimum of three months.

Winter (October to April) is the best time for testing because our windows and doors are shut and radon levels indoors are generally highest. It is also helpful when buying a detector to inquire if the cost for the detector includes shipping and laboratory analysis fees. Specific instructions of where and how to set up the detector should be provided along with the detector.

What if the radon testing in my home shows high levels of Radon?

If radon testing reveals high levels in your home, contact a Radiation Specialist [certified by the Canadian National Radon Proficiency Program (NRPP)]. See www.nrpp.info/cnrpp.shtml to find a Canadian-NRPP Certified Radon Specialist. These professionals can visit your home and provide recommendations as to what would be the best way(s) to reduce the radon levels in your home; this consultation costs approximately \$500. As with most home repairs, the cost of reducing the radon in your

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Smokeless Tobacco

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the amount of nicotine in smokeless tobacco products is similar to that in cigarettes. The PMH Health Promotion Team is available to provide smokeless tobacco education presentations for parents, coaches or athletes. For more information, contact Tara Smith – Hamiota Site at 204-764-2412 ext. 268 / tsmith@pmh-mb.ca, Jessica Lacasse – Swan River Site at 204-734-6618 / jlacasse@pmh-mb.ca or Shauna Woodmass – Brandon Site 204-578-2192 / swoodmass@pmh-mb.ca. ■

Quit Support Options and Further Information:

1. Web-based chew tobacco: www.mylastdip.com
2. All tobacco users (cigarette or chew): Smokers' Helpline: 1-877-513-5333 or www.smokershelpline.ca
3. Brandon Regional Health Centre Tobacco Dependence Program: 204-578-4207
4. Alberta Health Services: Spit Tobacco Education for Coaches: www.albertahealthservices.ca/1712.asp
5. Sport Medicine and Science Council of Manitoba: www.sportmed.mb.ca.

References:

- Canadian Tobacco Use Monitoring Survey 2011: www.hc-sc.gc.ca/hc-ps/tobac-tabac/research-recherche/stat/_ctums-esutc_2011/ann_summary-sommaire-eng.php (accessed July 16, 2013)
- Executive Summary of the report on Smokeless Tobacco Use By Athletes (2011). Dr. Dean Kriellaars, Sport Medicine & Science Council of Manitoba
- Smokeless Tobacco: No Smoke, No Danger, No Way Fact Sheet. Developed by: PACT (Partnership to Assist with Cessation of Tobacco)

Radon: Second Leading Cause of Lung Cancer

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home can vary widely depending on how your house was built.

If you smoke, it is very important to quit smoking. The combination of smoking and radon exposure increases the risk of lung cancer more than smoking or radon exposure alone.

Because radon is the second leading cause of lung cancer, and many Manitoba homes are known to have high levels – please consider having your home tested for radon. Winter is the best time to test, so purchase your radon detector today. ■

Dr. Frykoda is the Medical Officer of Health based in Minnedosa for Prairie Mountain Health. As a consultant to the public health programs, the Medical Officer of Health provides guidance to regional health authority programs and services for disease and injury prevention, health protection and health promotion, health needs assessment and emergency preparedness.

For further information visit the following websites:

- www.gov.mb.ca/health/publichealth/environmentalhealth/radon.html
- hc-sc.gc.ca/ewh-semt/radiation/radon/effects-effets-eng.php
- hc-sc.gc.ca/ewh-semt/radiation/radon/index-eng.php
- www.takeactiononradon.ca/
- radonmatters.com/
- www.hc-sc.gc.ca/ewh-semt/pubs/radiation/radon_canadians-canadiens/index-eng.php

By the Numbers

Quick facts from the Prairie Mountain Health region:

795 Acute Care Beds

2,013 Personal Care Home Beds

3 CT Scan Machines

1 MRI Machine

39 EMS (Ambulance) Facilities

115 Town / Municipal Councils



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Your feedback is encouraged.
Send comments to: Monica Truffyn
Communications Coordinator
Phone: 204-578-2319 | Fax: 204-578-2820
mtruffyn@pmh-mb.ca



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Join our team for diverse health care opportunities.

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For a complete listing of available opportunities please visit our website.

www.prairiemountainhealth.ca