

COMMUNITY FIRST HEALTH CO-OP (CFHC)

(a volunteer-run, non-profit community service co-operative)

518 Lake St., Box 22, Nelson, B.C. V1L4C6

E-mail: cfhcoop@shaw.ca **Website:** www.healthco-op.com

Information Sheet

- incorporated 2003 as a non-profit organization by a group of concerned citizens to enhance and support local health care services;
- community-based volunteer board;
- purchased premises (old forestry building) May 2006, which is now known as the **Nelson and Area Wellness and Education Centre** and houses traditional and alternative medical personnel for a “one-stop” health centre;
- profits reinvested into health-care services.

Membership

- present membership is over 1,400;
- each member has one vote no matter how many shares they own;
- shares are \$10 each (individuals) with corporations needing 10 shares = \$100. Any amount of shares can be purchased and they are good for a lifetime.
- Membership forms are available from the lobby of the **Wellness and Education Centre**, 518 Lake Street, and can be slid under the door of the Health Co-op Office (main floor, through lobby, turn left, first door on left with CFHC sign) or mailed to the address above. Your membership card will be mailed to you.

Present Occupants and their Specialties

- acupuncture and natural health, art therapy, Chinese medicine, chronic disease support, community services, educational programs, emergency response physician, employment services, family and individual counselling, foot care nurse, hearing health care, herbal dispensary, hospice support, housing outreach, massage and cupping, pre- and post-natal maternity support, pain and addictions management, seniors' support, social work, street outreach, together with physician, chiropractic, psychology, accounting, and personal injury and family law practices.

Community Health Resource Centre

- This is an area provided by the Partners of the **Wellness and Education Centre** for local health organizations. It provides a meeting place for all non-profit organizations upon their purchase of a \$100 Community First Health Co-op membership. The organizations involved are ALS, Alzheimer, Arthritis, Brain Injury, Cancer, Heart & Stroke, Friends of Family, Hospice, Kidney, Kidsport, Lung, MS Society, Nelson Elders, Parkinson's, Rise Above Pain Society, Seniors Coordinating, TEETH and TOPS. CFHC is also the founding partner of the West Kootenay Community TEETH Clinic Society which offers low-cost dental services to area residents presently on a Government program or with a family income of less than \$42,000. Application forms are available on our website www.healthco-op.com or at Seniors Coordinating Society, 719 Vernon, Nelson www.nelsonseniors.ca.

Further Services Available

- secure storage rooms available for rent to the public accessible 24 hours/7 days a week. **Info:** cfhcoop@shaw.ca
- Resource Centre meeting room. Non-profits working for a healthier community can book the Resource Centre free of charge by purchasing a refundable \$100 Co-op membership. **Info:** cfhcoop@shaw.ca

Benefits to Members - We hope you will join with us in providing healthy solutions for healthy communities by purchasing a membership for the following benefits:

- personal satisfaction that you are helping support health and maternity care and seniors in your community in a small way. Your membership gives us more chances of obtaining funding for health education, seniors' care, maternity care/support and affordable housing.
- Your membership entitles you to vote on important issues through Community First Health Co-op regarding health care, pre/postnatal maternity and children's support, seniors support, and housing in our community.