

McAdam Health Centre News

Upcoming Activities:

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| Well Child Clinic By Appt. | Tuesday, September 23 McAdam Health Centre |
| Digital Literacy Program 9am-12pm or 1-4pm | Thursdays, Sept. 11 – Nov. 13 Harvey Health Centre |
| Chronic Pain Mgt. Workshop 6:00-8:00 pm | Tuesday, September 30 Wauklehegan Manor |
| Arthritis Workshop Series 6:00 – 7:00 pm | Wednesdays, Oct. 1-15 Harvey Health Centre |

2 Ways to Treat Head Lice

Chemical Treatment

- Kills lice by poisoning (i.e. Nix)
- Lice can adapt to poison over time & survive treatment
- Toxic and costly

Follow treatment instructions on container. Begin combing through hair to remove nits.

Mechanical Treatment

- Kills lice by smothering (i.e. Thick hair conditioners)
- Lice do not ingest treatment so can't build resistance
- Nontoxic and inexpensive

Coat the hair in thick conditioner. Wrap head with plastic wrap and leave for 1 hour. Wash thoroughly. Begin combing through hair to remove nits.

Combing is the most important part of getting rid of lice!

- 1) **Proper comb purchase:** Teeth of comb should be close enough together to scrape hair shaft (one suggestion – NitFree Terminator stainless steel lice comb on amazon.com)
- 2) **Proper combing routine:**
 - Should be done on wet hair
 - Comb through one layer of hair at a time
 - One half hour daily combings for the first 7 days followed by one half hour combings every 2 days
- 3) **Proper length of time:** Continue combings until you have 2 consecutive weeks with no sightings of lice or nits. To prevent re-infestation, consistent combing is a must as nits take only 7-10 days to hatch.



Chronic Pain Management Workshop – September 30

The McAdam Health Centre is partnering with the Arthritis Society to provide a **free Chronic Pain Management** workshop session on Tuesday, **September 30** from **6-8 pm** in the Boardroom at the **Wauklehegan Manor** in **McAdam**.

Arthritis Workshop Series – Starting in October

The Harvey Health Centre is partnering with the Arthritis Society to provide a workshop series with three free sessions covering topics related to Arthritis. Sessions will be held on Wednesdays, starting October 1, from 6-7pm at the Harvey Health Centre. Topics will include:

October 1 – Introduction to Arthritis
October 8 – Exercising Control over Arthritis
October 15 – Tips, Tricks & Tools

For more information or to register for any of the sessions, contact the **Arthritis Society of NB:**

Call: 452-7191

E-mail: info@nb.arthritis.ca

Basic Computer Skills Training Program – Starts September 11

The Harvey Health Centre is partnering with the Central Valley Adult Learning Association to offer a **FREE Digital Literacy** training program. **The program will run for 10 weeks, with one 3 hour session each week.**

Dates: Thursday, September 11 – November 13, 2014

Times: There will be two groups, one session from 9am - 12pm, and one from 1pm-4pm.



For more information or to register, please call or e-mail:

357-7892

info@cvala.ca

McAdam Health Centre

15 Saunders Road, McAdam
506-784-6300

Hours of Operation:

Monday - Friday: 7AM-7PM

Closed on all Statutory Holidays