

## Press Release: Community Health and Wellbeing Week

Learn how Seaway Valley Community Health Centre (SVCHC) is building a healthier, more inclusive Cornwall and Stormont, Dundas and Glengarry (SD&G) Counties. With our focus on illness prevention, health promotion and community wellbeing, we believe “Every One Matters”.

**Cornwall, SD&G - October 10, 2017** - Across the province, members of the Association of Ontario Health Centres (AOHC) are preparing for a week of special events to demonstrate the many ways they put health equity at the centre of their work, each and every day of the year. During Community Health and Wellbeing Week (CH&W), from October 16<sup>th</sup> to 22<sup>nd</sup>, SVCHC and more than 100 other vibrant comprehensive primary health care organizations are highlighting the importance of reaching people who face barriers to achieving their best possible health and wellbeing.

“What putting health equity at the centre really means is that AOHC members confront systemic inequities and disparities head on to remove avoidable pressures on people and the health system,” says Adrianna Tetley, CEO of AOHC. “Comprehensive primary health care enables the work by focusing on the root causes of illness and advocating for changes to social, economic and environmental policies that harm people’s health.”

SVCHC focuses on health equity in a number of key ways to break down barriers for individuals and families with low incomes, older adults and new immigrants to Canada. Several activities will be showcased during CH&W week including:

- **Proclamation and flag raising ceremony** (October 16, 2017 at the Justice Building, 340 Pitt Street, 9:30 a.m.)
- **Community walk** (October 16, 2017 at SVCHC, 353 Pitt Street, 11 a.m.)
- **Community luncheon** (October 16, 2017 at SVCHC, 12 p.m.)
- **Information kiosk featuring programs and services** (October 17, 2017 at Cornwall Square, 10 a.m. - 5 p.m.)
- **Queens Park Lobby Day** (October 18, 2017 at Queens Park, Toronto, ON)
- **Oral Health Advocacy** – “Let’s Not Forget about our Teeth & Gums” (visit [www.seawayvalleychc.ca](http://www.seawayvalleychc.ca))

Research shows that focusing on health equity in a targeted, local way can increase people’s capacity to stay healthy, and promotes trust between the community and health care providers. It’s important for communities to rally around the organizations and people who help keep us well, particularly as we are heading into a provincial election year in 2018. Please consider attending an event, arranging a tour of the centre during the week with your staff photographer, or meeting with the Executive Director to hear more about how SVCHC is putting health equity at the centre, and why that matters for everyone in Cornwall and SD&G.

**Background:** SVCHC, operational since 2010, is a charitable, not-for-profit, community-led organization created to provide primary health care, health promotion and community development services to residents of Cornwall and SD&G Counties.

Community Health and Wellbeing Week is coordinated by the Association of Ontario Health Centres of which SVCHC is a member. These events are part of dozens across the province during the week of October 16<sup>th</sup> to 22<sup>nd</sup>. The Association represents a vibrant network of 107 community-governed primary health care organizations across Ontario. Each Centre is community-governed which equips them to orient services and programs to local needs and focuses on specific populations facing barriers to their best possible health and wellbeing. [www.communityhealthandwellbeing.org](http://www.communityhealthandwellbeing.org)

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