

Lindsay's Health Centre

Helping women become healthier

by Emily Hobbs

Since it opened in February, Lindsay's Health Centre has been helping women of all ages become healthier. Programs at the centre have helped women in many ways, from kicking smoking, to learning how to talk to their kids about sexuality to making healthier food choices.

Amanda Workman, spokesperson for Lindsay's Centre says health care the centre provides is "an additional service" for women.

"We provide other avenues for women to get what they need with a one-stop shopping type of approach," Workman says, "which is really helpful because a woman coming from Guysborough or Antigonish east, may only get to town once a week maybe. So, she can not only get up for the programs, but also to the doctor."

Dr. Daphne MacLean is available to see patients at the centre on Thursday mornings. She says improving the health of women will improve the health of the community.

"When we enhance the health of women, we are enhancing the health of the family," MacLean says.

"Then these women in family units can support their families and children to lead a more healthy life-

style."

One of the more successful programs is the smoking cessation program offered at the centre in association with addiction services.

"We've provided them with the patch. So, for women on low income women, that's particularly important because typically women on low income can't afford the patch," Workman says.

"So that has been useful, in that they're providing something really concrete. They talk about managing stress as well, because quitting smoking can be stressful."

Another popular program at the centre has been a parenting program where woman can learn techniques on how to talk to their children about subjects which can be difficult, such as sexuality and substance abuse.

Lindsay's Centre is a combined effort between mental health services, addictions services, public health and the Antigonish Women's Resource Centre. It is located in the Antigonish Women's Resource Centre in Kirk Place on Main Street. It is named in honour of Dr. Lindsay Myers, a physician that was well-known in the Antigonish area.

Beginning in January, a nurse practitioner will be available at the

centre.

MacLean says Lindsay's centre is client driven.

"We ask, what do women want? Is there a need we're not hearing?"

Workman stresses that because Lindsay's Centre is a result of the combination of efforts of different services, such as addiction services and public health, women who come in for help can get access to any type of information they need.

Crisis support workers are available to help women get information on everything from social services to the court system and health care professionals are available to help them with mental, physical and emotional health issues.

Lindsay's Centre is based on the belief that every woman has the right to make informed decisions about her health and that a woman's health is dependant upon her physi-

cal, social, emotional and spiritual well-being.

"We're looking at how we can make healthier communities," Booth says.

Upcoming sessions in December include: **December 1** - Breast cancer: How to do a self exam and get facts on breast health. Healthy relationships and addictions: How addiction and recovery can impact family and friends.

December 8 - Holiday stress: Learn stress management techniques. Osteoporosis: What women should know about their bones.

December 15 - Holiday eating: Learn how to eat well during the holidays. Preparing for the Holidays: Have fun and manage holiday "spirits". Talk about stress and family during the holidays.

For more information drop by the centre or call 863-6221



Amanda Workman has her blood pressure checked by Dr. Daphne MacLean at Lindsay's Health Centre for Women. The centre, located within the Antigonish Women's Resource Centre is open Thursdays from 9 a.m. to 5 p.m. (Emily Hobbs photo)

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