

Bulletin July 2022

Regina Community Clinic
1962 to 2022
60 Years of Cooperative Healthcare

1106 Winnipeg St.

Regina SK

S4R 1J6



[www.reginacommunityclinic](http://www.reginacommunityclinic.ca)

Welcome 2022 / 2023 Board Members

Jim Deane

Kara Marchand

Marj Gavigan

Penny Anderson

Karen Smith

Virginia Wilkinson

Bryan Tudor

There are 2 vacancies for director positions.

If you are interested in applying, please e-mail your
resume or curriculum vitae by July 13, 2022

to

boardofdirector@reginacommunityclinic.ca

Dr. Jennifer Cowley retired late this spring and
we wish Dr. Cowley the very best
for her well deserved retirement.

We are pleased Dr. Loreanne Manalac will join
our physician team in mid-July.

Dr. Manalac will take on Dr. Cowley's practice.

We wish to acknowledge and congratulate

Dr. Razawa Maroof

on her award from the

College of Physicians and Surgeons of Saskatchewan for

Physician of the Year

**CARVE OUT
AND CLAIM
THE TIME TO
CARE FOR
YOURSELF
AND KINDLE
YOUR OWN
FIRE.**

— Amy Ippoliti

The Clinic will be **CLOSED** on
Friday, July 1st (Canada Day)
and

Monday, August 1st
(Civic Holiday)

An on-call physician can be
reached by calling:

306-543-7880

CLOSED

Canada Day July 1


HAPPY
Civic Holiday
WEEKEND



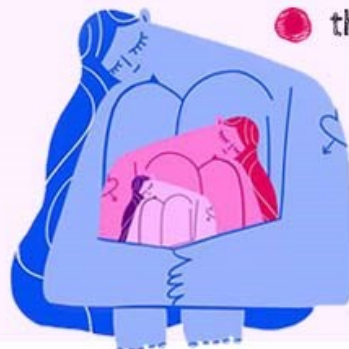
International Self Care Day

International Self-Care Day (ISD), is acknowledged on July 24th each year. This day provides a focus and opportunity to raise the profile of health lifestyle self-care programmes around the world. Since its inception in 2011, ISD promotes the message that self-care is a vital foundation of health.

AFFORDABLE SELF CARE IDEAS

- Journal about how you've been feeling
- Hydrate your body
- Take a warm bath
- Try different types of breathwork
- Clean your space
- Go for a walk in nature
- Stretch it out
- Take a nap
- Write 5 things you are grateful for
- Change the layout of your home
- Get some sunshine
- Put on some comfy clothes and just relax
- Call a loved one
- Put on some music
- that makes you happy

| TheMindsJournal



MINDJOURNAL