



## Pugwash and Area Community Health Board

The Pugwash and Area Community Health Board(CHB)is one of 37 CHBs in Nova Scotia. CHBs promote healthy lifestyles and support groups that promote healthy lifestyles among the citizens they serve.

Pugwash and Area CHB covers the north eastern corner of Cumberland County including Pugwash, Wallace, Wentworth, Westchester, Malagash, Port Howe, Port Philip, Linden and surrounding communities. Our coverage area goes to the town limits of Oxford and along the Northumberland Strait to Northport Consolidated Elementary School.

The CHB is a committed group of volunteers who are working to improve the health of the community. It advises the Cumberland Health Authority and, after April 1, 2015, the Nova Scotia Health Authority on local trends, perspectives, issues and priorities. Sometimes it is said that we are “the eyes and ears” of the communities we serve. The CHB awards wellness grants each fall to organizations or groups that propose activities that promote healthy lifestyles among our citizens.

The Pugwash and Area CHB has about 15 members, some of whom are senior students from Pugwash District High School. The CHB participates in the development of a Community Health Plan with the other two CHBs in Cumberland County. The current Plan covers the three year period 2012-2015. We will be developing a new Plan in the coming months. This will involve public input. The six main priorities of the current Community Health Plan are: chronic disease prevention, healthy eating and physical activity, injury prevention, mental wellness and addictions, oral health and sexual health.

Regular meeting dates/times/location	The CHB meets the first Thursday of each month – September to June – in the boardroom of North Memorial Cumberland Hospital from 6 to 8 pm.
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Treasurer	N/A
Contact Phone number(s)	As above
FAX	N/A
e-mail	As above
Website	A link to the CHB is available on the Cumberland Health Authority website ( <a href="http://www.cha.nshealth.ca">www.cha.nshealth.ca</a> )
Facebook	<a href="https://www.facebook.com/pages/Pugwash-and-Area-Community-Health-Board/552402098172200?ref=br_tf">https://www.facebook.com/pages/Pugwash-and-Area-Community-Health-Board/552402098172200?ref=br_tf</a>
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