



Newsletter



May 4th-10th, 2026 Mental Health Week

This May 4-10, the Canadian Mental Health Association is inviting people across Canada to Come Together. It's a call to spark small, everyday actions of connection, and to recognize the role we all play in supporting mental health through connection.

Join us May 7th at the Nipigon Community Centre from 10-3pm for Flying Post First Nation's 4th Annual Children's Mental Health BBQ!

Multiple booths will be set up providing engaging games and information for the surrounding communities youth.

We look forward to seeing you there!



Cooking Classes with the Registered Dietitian

Join us the first Friday of every month, from 12-2 PM for fun, hands-on cooking classes at the Hurkett Community Centre!

Why come?

- Build social connections
 - Improve your cooking skills
 - Learn about nutrition with a Registered Dietitian
- All skill levels are welcome. Come cook, learn, and enjoy good food together—we can't wait to see you there!



Mobile Health Clinics

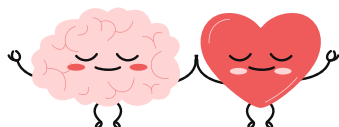
The Nipigon District Family Health Team has been offering community "Mobile Health Clinics" in Red Rock, Dorion, Nipigon, and BZA First Nation since October 2025, bringing the clinic setting to our community members.

Our services include:

- Blood Pressure Checks
- Vaccines (Pneumonia/Tetanus/Flu)
- Blood Sugar Checks
- On-site follow-up scheduling with healthcare providers
- A welcoming space to enjoy coffee and conversation with other locals

May is Hypertension Awareness Month - Be sure to have your blood pressure checked during our clinic!

Keep your eye out for clinic dates!





Newsletter



A new blog post is now available on our website about “Myth busting Wellness Trends”—Seed Oils, Raw Milk and Artificial Food Dyes.

If you’ve spent more than five minutes on social media wellness posts, you’ve probably heard that seed oils are “toxic,” raw milk is a superfood, and artificial food dyes are the enemy.

Visit our website to have a read!

<https://ndfht.ca/our-blog/>

Contact us

123 Hogan Rd, Nipigon, ON

807-887-5252 ext. 4

Monday-Friday 8:30-4:30pm
reception@ndfht.ca
ndfht.ca

Online Appointment Booking Available

Nipigon District Family Health Team & the Nipigon Doctors Group — online appointment booking is now LIVE!

Visit the Family Health Team's website at **ndfht.ca** and book your visit anytime, anywhere, in just a few clicks!

A quick reminder:

Urgent Care is still by phone only, so for anything urgent, give them a call at 807-887-5252 ext. 3. If you don't see the service you need listed online, no stress — call the office at 807-887-5252, follow the prompts to who you need to speak to, and they'll help you with what you need.



April is Cervical Screen-A-Thon Month!

If you're between the ages of 25-69 and have a cervix, regular cervical screening tests every 5 years can catch changes early before they turn into cancer.

Book your appointment before April 30th to participate in the Cervical Screen-a-thon, to receive a free gift provided by the Thunder Bay Regional Health Sciences Centre, as well as an entry for the chance to win a prize!

Call 807-887-5252 ext. 4 to book now!

Upcoming Closures

Prof. Development -
Thursday, April 16

Victoria Day - Monday, May 18