



# NEWS RELEASE

**FOR IMMEDIATE RELEASE**

**August 7, 2009**

## **PRHA introduces Community Health Facilitators**

**Dauphin-** The Parkland Regional Health Authority (PRHA) is expanding its Health Promotion Program to include five new Community Health Facilitators. Each Community Health Facilitator will serve their base community and surrounding communities. They will be involved in supporting the development of many programs that communities deem important to improving the overall wellness of the area.

We are pleased to introduce the five Community Health Facilitators who will work as part of the PRHA's Health Promotion Team. They are:

- Debra Aitken (Swan River);
- Pam Chetrybuk (Ethelbert);
- Susan Denhard (Ste. Rose);
- Noella Unger (Mafeking); and
- Deb Wilson (Roblin) (*starting in late August*)

For more information,  
contact the office of the  
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Community Health Facilitators will develop partnerships within communities using a population health approach and community development strategies to build the capacity of a community to be healthy. PRHA Vice-President of Community Health Brenda Slobozian says the Facilitators will focus on Chronic Disease Prevention, with specific emphasis on healthy eating, increased physical activity and reduced tobacco use.

“The role in each community will be different as the position is adaptable to the needs of each community. The role of the Community Health Facilitator is to support, encourage and motivate communities to be healthy and vibrant. Equally important is fostering sustainability around Healthy Living, which is one of the Health Region's six strategic planning directions,” Slobozian stated.

Facilitators will also be working in the areas of injury and suicide prevention, mental health awareness and other key areas that arise. Other members of the Health Promotion Team include Health Promotion Coordinator Catherine Kingsley, Community Health Nutritionist Carol Schnittjer and Chronic Disease Program Specialist Virginia Cail.