



First Nations Health Authority
Health through wellness

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First Nations Health Authority Supports June 21 National Aboriginal Day of Wellness Events Across BC

COAST SALISH TERRITORY (Vancouver BC) - The First Nations Health Authority (FNHA) is supporting 99 diverse wellness events taking place on June 21 National Aboriginal Day and continuing throughout the entire week. Events include horse treks, back-to-land medicine gathering, Elders storytelling, traditional foods, canoe races, pow-wows, 10km races for all abilities, health screenings, and more. The FNHA's goal is to transform National Aboriginal Day into a Day of Wellness and to encourage every First Nations and Aboriginal person to celebrate their active spirit.

"As a health and wellness partner and champion to First Nations people and communities across BC we are very excited to support First Nations in BC as they participate in this year's National Aboriginal Day taking place during the Summer Solstice on June 21," said Joe Gallagher, CEO of the FNHA. "These events are in support of individual and community health and wellness journeys and the FNHA is thrilled to launch this year's celebrations with 99 events happening simultaneously across the province."

Accompanying the various events will be the FNHA Social Media Scavenger Hunt. Participants of any Aboriginal Day of Wellness event can use the hashtag #fnhawealth to showcase photos and videos of their community's event. There are 15 items on the scavenger hunt checklist, and if you complete 12 out of 15 you will be eligible to win one of several FitBit Flex activity trackers. Content can be uploaded to your Instagram, Twitter or Facebook account. Tag the FNHA Facebook page, @FNHA on Twitter and Instagram, and use the #fnhawealth tag so we can track your hunt. More information and the checklist can be found on the FNHA website through the links below.

"In addition to this year's National Aboriginal Day of Wellness, we are pleased to announce that more Day of Wellness events supported by the FNHA will now take place throughout the seasons," said Gallagher. "Details around winter celebrations are to follow so keep an eye on those inboxes. Wishing you all a happy and healthy National Aboriginal Day!"

Connect with us:

FNHA Day of Wellness Events:

www.fnha.ca/about/news-and-events/events/aboriginal-day-of-wellness

Social Media Scavenger Hunt:

www.fnha.ca/about/news-and-events/news/aboriginal-day-of-wellness-social-media-scavenger-hunt

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