



First Nations Health Authority
Health through wellness

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FOR IMMEDIATE RELEASE

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First Nations Invited to 112 Day of Wellness Events Across BC

FNHA Supports June 21 Culture and Wellness Celebrations!

Coast Salish Territory (Vancouver, BC) - First Nations communities across BC will be celebrating their health and wellness with events on and around June 21 as part of the First Nations Health Authority's (FNHA) National Aboriginal Day of Wellness grant initiative. 112 events in major urban centres and remote villages will invite First Nations communities and neighbours together to celebrate the longest day of the year with each event organized by and for the local community. An estimated 20,000 First Nations citizens will take part in the Day of Wellness events that range from June 15-28, 2015.

"The June 21 Day of Wellness events are a venue for First Nations peoples to celebrate wellness on National Aboriginal Day," said Joe Gallagher, Chief Executive Officer of the FNHA. "The number and variety of these events demonstrate local partnerships in action and illustrate how BC First Nations are owning and promoting their health and wellness journey."

Events this year include health fairs, traditional food feasts, traditional medicine plant walks and scavenger hunt, drum-making, pit cooking, respecting tobacco workshops, talent shows, hand games, numerous run/walks and much more. From Taku River Tlingit, Dease River, and Old Masset, to Neskonlith, Quatsino, and Chawathil, all the way to Coast Salish Territory in Vancouver, First Nations and Aboriginal peoples in all corners of the province are encouraged to participate in their local cultural and wellness-based activities.

The FNHA is pleased to share that 2015 will represent the biggest June 21 Aboriginal Day of Wellness initiative to date. Last year, 99 Aboriginal Day of Wellness events brought together over 20,000 people. Community-based, partnership-focused, participant-driven applications were assessed according to the established criteria and equity within and across the regions. Communities and hosts will contribute \$129,665 leveraging an additional \$206,900.00 in business and partners contributions. The FNHA investment of \$208,146 brings the total Day of Wellness investment to \$544,711.

Join us in sharing your June 21 Day of Wellness photos, quotes and stories on social media! Friend and follow us through our links below and use the **#FNHAWellness** hashtag on facebook, twitter, and instagram.

Regional Event Quotes:

“This is a great way to celebrate National Aboriginal Day as it increases activity and leads to a lot of community members joining running or walking groups which they would not normally be exposed to,” Kathleen Power - Kwakiutl District Council Health, Vancouver Island.

“On June 16, Chilliwack Central Elementary Community School held their Day of Wellness event. This event was meaningful because it helped to build relationships and community for Aboriginal families to raise awareness and bring a sense of belonging,” Leslie Waddinton - Chilliwack Central Elementary Community School, Fraser-Salish.

“Last year saw many community members come out of their houses to participate. All who participated in the event were left happy and excited. Many are hoping for the same this year,” Nicole Patrick - N’quatqua Band, Vancouver Coastal.

“This will provide a space for family of all ages and generations to come together and share traditions and culture through activity and food,” Grace Williams - Gitsegukla Headstart, North.

“The event is meaningful as it is a yearly event that is building momentum and community members look forward to it,” Anne Kieth - Tk'emlups te Secwepemc, Interior.

FNHA Social Media Links – Remember to use the **#FNHAWellness** Hashtag!

FNHA Event Page: <http://www.fnha.ca/about/news-and-events/events/day-of-wellness>

FNHA on Facebook: <https://www.facebook.com/firstnationshealthauthority>

FNHA on Twitter: [@FNHA](https://twitter.com/FNHA)

FNHA on Instagram: <https://instagram.com/fnha/> (@FNHA)

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