

First Nations Health Authority Health through wellness

Celebrating Our Region's Journey to Wellness

Presented by Ernest Armann

Vancouver Coastal Caucus Meeting – October 21-23, 2014

First Nations Health Authority

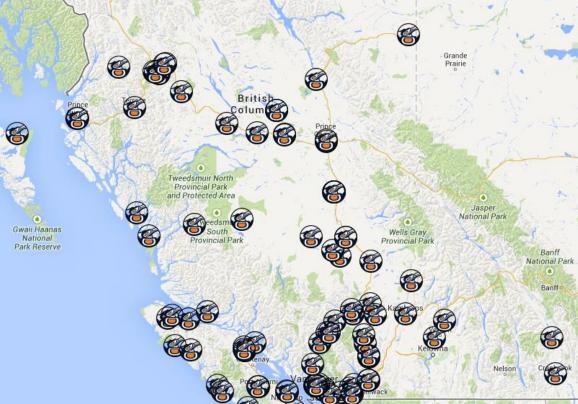
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Aboriginal Day of Wellness Even... Tatshenshini 5 Alsek Park Map of locations for the Aboriginal Day of Wellness Events! Happening across BC on June 21st 2014. more Glacier Bay 1 National Park Map Locations and Preserve Xolhemet Society Sraser Valley Métis Association Mission Friendship Centre Society Kwikwetlem First Nation Squiala First Nations 8 Trails Crossing Friendship Centre Sts'ailes Health Department 3 Guildford Learning Centre Burnaby School District - Aborigin Tzeachten First Nation 🛞 Boothroyd Indian Band Lower Fraser Valley Aboriginal So 8 **Chawathil First Nations** Golden Eagle Canoe Club Ashcroft Indian band 😭 Ulkatcho Indian Band Boston Bar First Nation Akisgnuk First Nation Cariboo Chilcotin Métis Associatic 🛞 Okanagan Indian Band Cayoosh Elementary School Simpow First Nation Mount Baker Secondary School Esk'etemc Health Department 🛞 Toosey Indian Band Kanaka Bar Indian Band Splatsin First Nation Google' Maps Engine



Aboriginal Day of Wellness Events 2014

13 events in **Vancouver Coastal** for a total investment of \$27,000



Step Up stats October 16

2nd Annual First Nations Health Leadership Challenge - Beefy Chiefs 2.0 - Step Up

Number of Vancouver Coastal Registrants at October 16, 2014 = 92 total

Band Chief	Band Councillor	Community Health Worker	First Nations Citizen	FNHA Board Member	FNHC Member	FNHDA Board Member	Health Director	Hereditary Chief
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Words from the Region

I have had Rheumatoid Arthritis for many years , and have had days I couldn't walk , exercise was mostly out of the question but this challenge was the motivation I needed to get moving regularly ,I have slowly built up my activity level , I feel so much better and am now at a minimum 45 very active minutes a day , I have more energy and am all around happier and it has inspired me to get our community moving.- Step Up participant

Words from the Region

During the week I usually go out early in the morning & walk for a hour & a half, then again in the evening & on weekends I walk a total of 6-8 hours. I think about my great grandparents & grandparents & how they walked great distances to harvest seafood, berries & medicines year around & how strong & healthy they were as they did not have the conveniences that we have today

a.cantha.ca

Words from the Region

My partner and I were invited to a dance party on Friday for someone's birthday. I just received my fit bit. When I left home I was at around 400 steps, when I came home I over 6000 steps. I was surprised how many steps I accumulated dancing. Dancing as well as walking will be my way to get fit.

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Words from the Region

I have started to take my great grand kids for walks up a hill behind my house. I used to do this a long time ago, and decided to start again. It helps the great grand kids get a lot of energy out and we have a great time. racing..of course they usually win! it is great family time