

Northern

# Spirit of Wellness Champions 2016



**NORTHERN REGION**  
First Nations Health Authority

Recognizing First Nations Elders & Youth who have made achievements and commitments to Healthy, Self-Determining and Vibrant BC First Nations Children, Families and Communities.

## CRITERIA

Nominees must be First Nation and reside within the FNHA Northern Region.

Nominees must be the minimum age of 16 years of age.

Two (2) Letters of Support/Reference from Health Director, Chief & Council, Elder, Principal, Teacher, Community Engagement Coordinator or Other.

One Elder & one Youth will be named Champion from these sub-regions:

- Northeast
- Northcentral and
- Northwest

*Nominations accepted until  
January 20, 2017*

For applications click here  
or contact

***Keith.Henry@fnha.ca***  
**250.645.3028**

## Who Can You Nominate?

A role model for peers and youth within their community  
Someone who promotes health and wellness through traditions, language and cultural practices  
A person who leads a healthy and positive lifestyle by abstaining from alcohol and drug use  
A First Nations community or organization staff member who promotes health and wellness