

# Nahanni Butte Community Wellness Plan



# COMMUNITY LUNCHES

- We have the same two individuals that cook the community lunches and they are excellent with their cooking.
- Our community lunches take place 3 times a week (Mondays-Wednesdays-Fridays) at our community gymnasium
- The goal of these community lunches is to bring our people together. It has become a great program.



# TEA AND BANNOCK PROGRAM

- During the summer days we will alternating between the gymnasium (inside and outside weather depending), arbor and community cabin by the sand bar.
- We want to bring the elders out to visit one another, that will include community members and youth.
- The goal is the elders and youth come together, hear their traditional stories, learn the Dene ways and gain traditional knowledge and encourage us to use the Dene language.





# HEALTH WORKSHOPS

- Promote healthy choices and bring awareness to the community with workshops. Such as nutrition, suicide awareness , diabetes workshop etc.
- The workshops will be held at our community arbor and community gymnasium. Workshops will take place every 3 months with a facilitator that will be coming in for every session.
- Community members voiced that it will be beneficial to bring more awareness to our community.



# WOMANS HEALTHY LIVING

- To bring the older and younger women together to learn the values of taking care of themselves as young women.
- Women's fitness and sharing circle, we will be meeting Tuesday and Thursdays afternoon and Wednesdays in the evening.
- We have already started a women's sewing circle that brings a lot of the women together, and have also started a 'Ladies Night' for fitness.