

# ACTIVE NEWS

Physical Activity Strategy Coordinator Cathy LeBlanc- [cleblanc@acadiaband.ca](mailto:cleblanc@acadiaband.ca)

## Mi'kmaw Summer Games 2016

Join us in Membertou from August 16-21. If you are interested in participating, coaching or volunteering please let me know. For a list of events and registration information please visit [nssummergames.com](http://nssummergames.com)

## Steps to Connect

A two session learning opportunity aimed at those who live with health challenges that stop them from doing more of what matters to them in their community. You will rediscover what matters to you in your life, find resources in your community to help you get connected and plan and participate in a group recreation activity.

## Future Generation Leaders

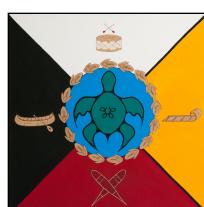
We are seeking coaches and leaders within the Acadia First Nation Community. Call today to save your spot to receive up coming coaching and leadership training.

## Walking In The Footsteps Website Launch. Begin Your Journey Through History Today!

Walking in the Footsteps provides every Nova Scotian with the unique opportunity to learn something new about the province they call home, while also getting out and staying active with friends.



To learn more about Walking in the Footsteps, or learn how you can purchase or borrow a pedometer and begin your own journey through the traditional territory of Mi'kma'ki, please contact Cathy at 902-627-1245 or visit- [walkaboutns.ca](http://walkaboutns.ca)



Acadia First Nation Physical Activity Strategy Vision: to re-create the environment in which a medicine wheel approach ( spiritual, physical, mental and emotional) is embraced, thereby improving health and well-being through physical activity.



## Garden Club Success in Gold River

Congratulations goes out to the community of Gold River as they start to develop their first community garden.

Community gardens increase sense of community ownership and stewardship, bring people together, and foster the development of identity and spirit. Way to go Gold River.

## Walking in the Footsteps Swag Models

Walking in the Footsteps goes to the Head Start Program in Yarmouth and finds new swag models.



# Acadia First Nation Physical Activity Strategy Complete

### ACADIA FIRST NATION MOVING FORWARD TOGETHER



On February 23, 2016, the Acadia Fist Nation Physical Activity Strategy was approved by Chief and Council.

Six approaches were identified and an implementation plan was put in place.

Please contact Cathy at 902-627-1245 if you would like a copy of the strategy or if you would like more information on how you can help us improve the health and well-being of the Acadia First Nation community.

