



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



JUNE
2023

MMIWG2+ Community Walk

On May 5, 2023, Chief Angela Levasseur led staff from various organizations and community members on a walk to commemorate and increase awareness about the Missing and Murdered Indigenous Women, Girls and 2-Spirit (MMIWG2S) issues that continues to plague the first peoples of Canada.

They began the walk at the Nelson House Medicine Lodge and Family and Community Wellness Centre staff joined in as they approached.

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Learning About Iron

Iron is a mineral that helps your body to maintain healthy blood. It helps red blood cells carry oxygen from the lungs to all parts of the body, including the muscles. It's important for growth and brain development in children, and helps to produce some of your body's hormones.

You'll also want iron because it:

- enhances athletic performance;
- maintains stamina;
- encourages focus;
- aids in healthy sleep;
- supports healthy pregnancy.

When someone doesn't have enough iron in their system, they end up with a medical condition called anemia. This is the world's most common nutritional deficiency, and it can cause extreme fatigue, lightheadedness, poor concentration and a short attention span. It is most common in women, particularly when they are pregnant or menstruating, or those who are receiving kidney dialysis.

Interestingly, foods that have a lot of Vitamin C, such as citrus, tomatoes,

berries and leafy green veggies, help your body absorb iron. This means you should enjoy a spinach salad with supper, or share an orange after your meal, to ensure you get the most from your iron.

On the other hand, coffee, tea, milk and red wine can slow down your iron absorption, so try to avoid drinking them with your meal.

Men need between 8 and 9 milligrams a day of iron, while women need twice that amount, about 15 mgs a day, while they are in their reproductive age. After menopause, women need the same amount of iron that men do.

Foods that have a lot of Vitamin C (citrus, tomatoes, berries and leafy green veggies) help your body absorb iron.

A breakfast of oats, dried apricots and cashews offers all the iron you need for the day. Likewise, a lunch of salmon with quinoa, broccoli and

kale with a sprinkle of hemp hearts is on target for a daily dose of iron.

A very simple start is adding greens to every meal. Try adding spinach to your smoothie. You won't even taste it!



Foods that are rich in iron:

- oysters, clams, mussels;
- sardines, tuna, salmon;
- offal, such as liver, kidney, pate;
- red meat, such as beef, lamb, pork;
- legumes, such as beans and lentils;
- dark leafy green veggies, such as spinach;
- nuts and seeds;
- cereal and bread are often iron-fortified.

Symptoms of low iron:

- tired, weak, fatigued;
- pale skin, cold hands and feet, brittle nails;
- bruise easily;
- desire to eat strange things, such as dirt or crayons (your body is craving iron!).



You have the power to say,
"This is not how my story
is going to end."



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204-484-2341
ncnwellness.ca



At the mid-point of our walk, song and prayers were offered at a couple of memorial sites.



Leading us back to Poplar Point. It was such a beautiful day and good exercise for everyone!




As we headed back to our starting point, some stopped to tie red ribbon on the causeway. Red ribbons have been used to symbolism this movement since it was initiated. Ribbons are always used in ceremonies and on Indigenous people's regalia.



At the end of the walk, which took approximately two hours, we ended with a traditional feast at the Medicine Lodge (NCN's treatment centre) and snacks at the Family and Community Wellness Centre. Vehicles followed and did not pass until everyone arrived at our destination. We appreciate this respect!

KISTITHIHCIKIWIN (kis-tee-thee-chi-kee-win)
RESPECT in the Rocky Cree Language.

BE WISE, IMMUNIZE



Is your child in grade 6?

Public health is booking appointments for children to receive their school immunizations.

What is the recommended immunization schedule for sixth grade children?

- ✓ **Men-C-ACYW-135** (Meningococcal Conjugate Quadrivalent)
- ✓ **HB** (Hepatitis B)
- ✓ **HPV** (Human Papillomavirus)
- ✓ **Flu** (Influenza) All Manitobans 6 months of age and older are eligible for influenza vaccine each year.

What if my child misses one or more doses of a vaccine offered as part of the School Immunization Program; will he/she still be eligible?

Yes. If a child misses one or more doses of any school immunization program vaccines, the vaccine(s) can still be offered free-of-charge.


What do I do if a vaccine is missed?

You can call the Family Community Wellness Centre public health office and ask for your child's immunizations to be reviewed by a public health nurse, then an appointment can be scheduled.

Why should my child get immunized?

Immunization is the best way to protect your child against serious, and potentially fatal infections. Vaccines help your child's immune system to recognize and fight bacteria and viruses that cause disease.

Make sure your child's immunizations are up to date by calling:



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Public Health Office
(204) 484-2341 ext. 131

- Parents to book appointments with Public Health office
- Rides provided
- COVID-19 precautions to be followed @ FCWC
- Screening upon entering the building, wear a mask, hand sanitize, and social distance
- Stay home if you are sick



Dawson Completes Security Training



Dawson Hart, an employee of the Fanny Hartie Medical Centre in Nelson House, recently completed the Manitoba Security Guard training program.

The course is provided by de Beer Consulting and Security Training Inc.

Dawson achieved a high overall mark of 81 per cent. He also won prizes for quickest trivia responses.

Way to go, Dawson! We're proud of you. Congratulations from everyone at the FCWC!

Stopping THE FLU it starts with YOU

The flu is spread from person to person when someone who has the flu virus sneezes, coughs, talks or handles infected surfaces. The flu virus can be inhaled by anyone close by or from infected hands touching your mouth or rubbing your eyes.

To protect yourself, your family and community from the flu:

- Get the flu shot. It's easy and it's **FREE**.
- Wash your hands often with soap and warm water.
- Cough or sneeze into your elbow or use a tissue and dispose of the tissue in a covered trash basket.
- Keep hands away from your face.
- Eat healthy foods and get at least 7-9 hours sleep.
- Clean shared spaces (such as phone receivers, keyboards, door knobs, toys and office equipment) often.
- Do not share personal items such as forks, spoons, toothbrushes and towels and avoid shaking hands, hugging or kissing.
- Avoid crowds or people who are sick.
- Practice physical distancing, stay home when sick.

For more information or to get a flu shot appointment, contact:

NCN Family and Community Wellness Centre
Public Health
204-484-2341

PERTUSSIS ALERT

WHOOPING COUGH CASES REPORTED IN MANITOBA

HIGHLY INFECTIOUS DISEASE AND CAN AFFECT INDIVIDUALS OF ANY AGE

Immunization is the best way to protect against and limit the spread of pertussis.

PROTECT YOUR LOVED ONES

PROTECT YOURSELF

PROTECT OUR COMMUNITY

GET IMMUNIZED WITH THE WHOOPING COUGH VACCINE, AND YOU WILL ALSO RECEIVE PROTECTION FROM TETANUS AND DIPHTHERIA.

TALK TO YOUR PUBLIC HEALTH NURSE TO LEARN MORE ABOUT THIS IMPORTANT VACCINE OR CALL TO BOOK AN APPOINTMENT AT 204-484-2341

New Achievements Unlocked at the Fitness Centre

Two NCN Citizens have recently hit a fitness milestone!

Connor Linklater and Lucas Tays have been showing up at the gym regularly and began a running program.

“We worked on getting their running form right and I shared a lot of tips about hydration, how to run long distances, and how to fuel their runs,”

says fitness centre coordinator, Angus Campbell.

A few weeks ago, they attempted their first 10-km runs, and did well.

Campbell encouraged Connor Linklater and Lucas Tays to raise the bar, and they set their sights on accomplishing their first half marathon!

The three athletes completed a 21-kilometre run that starting at the gas station. They did one lap of RC and then ran to the Junction and back.

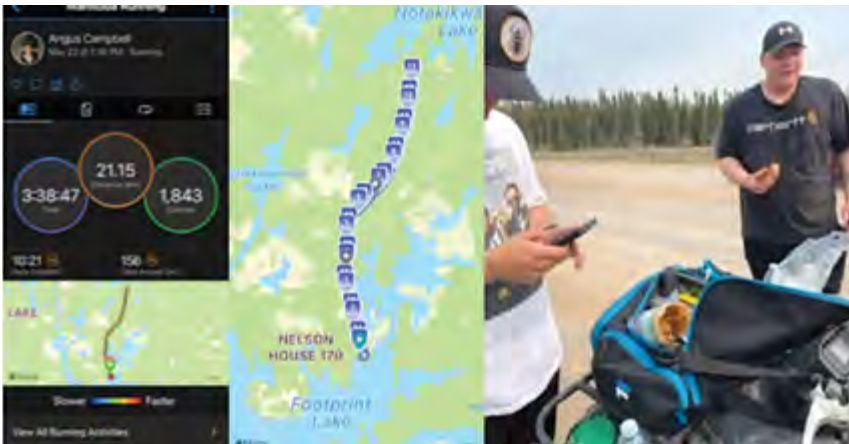
“We weren’t too focused on running fast for their first half. The main goal was just getting it done,” says Campbell. “I’m happy with the effort they both put in. They both gave 100 per cent and emptied their tanks. Super proud of them and can’t wait to see them both reach their next milestones!”

A special thank you to Campbell’s cousin, Jordan, who served as support crew while they ran.

Campbell has worked at the FCWC Fitness Centre for about four years. He has been a long-distance runner since COVID hit in 2020. Since then, he has quit smoking and drinking, and has run several marathons.

WAY TO GO GUYS!

Feeling inspired? The Fitness Centre is open from 7:00 am to 10:00 pm Monday to Friday all summer. Join us and we’ll help you set some goals. Everyone welcome!



Returning to Traditional Ways

NCN Land Base Program

Elder Instruction – Traditional Knowledge – Cultural Teachings



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204-484-2341 ncnwellness.ca



Bear Witness Day 2023

Did you know that on May 10, Jordan's Principle is recognized across the country?

Known as "Bear Witness Day," the idea is to honour Jordan River Anderson, who loved teddy bears, and to ensure Jordan's Principle is fully implemented in all Indigenous communities.

In NCN, Jordan's Principle staff work to ensure young people with complex medical issues are not held back by their circumstances. They assist families in receiving the support they need and advocate on their behalf. They aim to relieve the stress of family members and caregivers of children with special medical needs, and to create efficient delivery of funds, training and education, so that services can be provided as soon as they are required.

To celebrate Bear Witness Day, FCWC staff created some fun contests for NCN Citizens. People were invited to dress up their bears, and to find the 13 bears that had been hidden around the community. It was a great way to remind everyone of this incredible service in our community.

To find out if your child is eligible for Jordan's Principle funding, call us at 204-484-2585.

What is Jordan's Principle?

Jordan's Principle requires the government (whether federal or provincial) that first connects with a child in need to provide the required services, and resolve the funding issue later.

This legislation is a child-first principle intended to ensure that First Nations children do not experience delay, denial or disruption of services that are normally available to all other Canadian children.

Why is it called Jordan's Principle?

Jordan River Anderson was a First Nations boy from Norway House Cree Nation. While he was in failing health, the federal government and Province of Manitoba fought over who should pay for the home care required to take care of his complex medical needs.

In 2005, he died in hospital at five years old, without ever having enjoyed a day in his family home.



Happy Pride!

Staff at the Family and Community Wellness Centre were excited to unveil their new pride flag.

If you're in need of LGBTQ2S+ support, call us at 204-484-2341. In unity, there is strength!



Soccer Skills in NCN

This year's soccer program has been a huge success, with up to 50 kids in attendance!

A huge shout-out to Councillor Jeremiah Spence for stepping in to assist with coaching, and to Aaron Kobliski, who has also stepped in to assist and was able to handle his own group.

Anna Spence is making sure all the kids are registered and everything

behind the scenes is organized. Charlene Kobliski is making sure things are running smoothly.

Last but certainly not least, thank you to Edith Moody for providing food for the kids after practice, and of course, to Vernon Moody, for leading us all! From the bottom of our heart we appreciate everything you do for the soccer program.



Soccer is Tuesday and Thursday at 5 pm. Everyone is welcome and we encourage parents to come and watch

their kids learning new skills and becoming better athletes and people! Kinanáskomitináwaw!



Dealing with Diabetes

First Nations people are especially at risk of diabetes. About 8 out of 10 of us will develop Type 2 diabetes in our lifetimes.

The good news is that **it is possible to avoid diabetes** through a healthy lifestyle, including nutritious food, active habits, and stress management. If you have family members living with

diabetes, it's best to start your healthy habits now, so you can avoid it!

If you have been diagnosed with diabetes already, you may be on medication to manage it. It's important to focus on wellness, to ensure you live a long life, and to model appropriate habits for your family.

Diabetes is manageable. You can do it, and FCWC staff can help.

We can teach you what's happening in your body, and how to maintain healthy blood sugar levels. You'll learn about nutritional food, exercise, proper sleep and spiritual health. We can make referrals for foot care, telehealth, and retinal screening, create a weight

loss program, provide home visits, and more!

Once you've been diagnosed with diabetes, it is not going to go away. If you ignore it, it will be difficult to live a happy, fulfilled life.

It's best to face your fears and take control of your health. You can do this!

Monitoring your blood sugar

Once you've been diagnosed with diabetes, it's important to monitor your blood sugar so you can avoid complications. Your doctor will explain your target range, which will depend on your diabetes type, how long you've had it, your age, and other factors.

Checking your blood sugar is simple, and most people with diabetes must do it several times a day. The most common way to check is with a pinprick of your finger so you can use a drop of blood in a blood sugar meter.

Continuous glucose monitors (CGMs) are becoming more common, especially for people with type 1 diabetes, which can be more difficult to predict and manage. These devices are attached to the body (usually your belly) and measure your sugar levels every few minutes. They are often linked up to an app which will sound an alarm if your sugars are going up or down too quickly.

If your numbers are always higher or lower than the range discussed with your doctor, you'll want to talk to the FCWC diabetes team so they can help you with strategies to keep you within healthy levels.

What is diabetes anyway?

Diabetes is a disease in which the body does not make or use the hormone insulin properly. This inability affects the blood sugars in your body, and can cause many difficulties, including heart and eye diseases, stroke, kidney damage and nerve damage.

Common diabetes symptoms:

- unusual thirst;
- frequent urination;
- extreme fatigue;
- blurred vision;
- tingling or numbness in hands or feet;
- problems with erections;
- cuts and bruises that heal slowly.

If you or a family member experiences a few of these, come to see us!

Exercise is an important way to avoid and manage diabetes. Did you know the gym in our Wellness Centre is free? Stop in today to get started!

Self-Care for Dads

NCN is fortunate to have so many caring fathers, grandfathers, uncles and caregivers.

The guidance of well-adjusted men teaches children what it looks like to be a man. This is important as our young boys become men themselves, and as our young girls grow up and choose partners.

It can be difficult to be a father and caregiver. Past generations were taught to be physically strong, but often learned that they shouldn't express emotions. Many head to deal with difficulties such as residential school and losing their culture. They weren't taught coping skills and turned to addiction to numb the pain.

This means it's common for men today to want to be good fathers, partners and friends, but feel like they don't know how.

Think about good role models you know. Do you have neighbours, Elders or community leaders that you admire? What is it about them specifically? Try to spend more time with them. If you feel comfortable, ask for their advice. When you're in a moment of self-doubt, ask yourself how they would act, and then do it!

Another great starting point is self-care.

Think about your life as separate categories: social, emotional, physical, mental and spiritual. Try to do an activity or two from each group every week. Bringing balance into all aspects of your life will give you the peace and steadiness you need to lead your family and your community.

Thank you to all the great father figures in NCN. We appreciate you!

Why don't you:

Social

- text a funny meme to a friend
- visit an Elder
- watch a ballgame & chat with someone different

Physical

- park in the spot farthest away from the door
- play catch with your kids
- plant a garden

Mental

- learn to play or sing your spouse's fave song
- make up riddles for your family
- try puzzles like crosswords and sudoku

Emotional

- write a letter to your past or future self
- watch stand-up comedy & laugh until you cry
- hug your kids every day

Spiritual

- attend a ceremony
- enjoy a smudge
- go to a FCWC culture camp

Beautiful Weather & Teachings at Culture Camp

During the week of June 12-15, community members joined FCWC staff and NCN Elders at a cultural camp at Mile 35 Northwest.

Participants enjoyed teachings and health sessions in a huge range of topics, including: foot care, men's health, suicide intervention, safe sex, life skills, drum making, soap stone carving, arts & crafts, bannock making, swing therapy, and Wakotowoin/ Wakomitwin parenting.

The camp was a safe and supportive environment for participants to explore their wellbeing in a cultural setting and with spiritual connection to the land. There were plenty of opportunities for fellowship and developing self-confidence.

Transportation was available and lunch was served to everyone. Those who camped even got to enjoy breakfast and supper!

The last day of teachings was so beautiful, with everyone

united in happiness, laughter and love, taking home a fire within.

The week ended with a pipe ceremony and feast. People who came to the camp brought a gift to give away in appreciation to the facilitators.

In July, Family Enhancement & Counselling Services will be hosting family camps at Lefthook Lake. You must come to the FCWC to sign up! For more information, talk to Dolly Francois, Elizabeth McDonald, Kim Spence-Beardy, Melfina Primrose or Charlene Kobliski, or call 204-484-2341.

Join us!



Turning Vision into Action

About 20 children from NCN enjoyed a weekend away in April to improve their soccer skills. After a 10-hour bus ride on the FCWC commuter bus, they arrived in good spirits.

For the next three days, the kids received coaching at the University of Manitoba sports complex.

The trip was organized by NCN Citizen Vernon Moody, who is a believer in the importance of organized play for young children.

Vernon led the children in a warm-up before they learned some new soccer skills. Everyone was listening and observing carefully. It was clear to the parents watching that Vernon is good at what he does, and the children knew they were respected.

On the second day, while everyone was practicing their soccer skills, Vernon quietly arranged for a special

trip that night: a Winnipeg Jets game!

With the help of Carl Young, everyone arrived at BellMTS Place brimming with excitement. With a few exceptions, this was the first time the children and their parents had the opportunity to see the Jets play.

When the game was over, not one of them could tell you who won, but they will tell you time and time again how much they enjoyed being at the game!

On the final day of drills and friendly competition, everyone was exhausted...except for Vernon.



Unfortunately, when everyone was in their rooms sleeping, someone backed into the bus, leaving it undriveable. Somehow, between running the soccer drills and getting a hockey game organized, Vernon was also able to make sure the return trip home on a chartered bus was safe and comfortable.

When you ask Vernon, "Why do you do this?", he'll just shrug his shoulders.

"There were several children looking for something to do after school, or on school breaks, and when they weren't playing other sports," he says. "Soccer requires players to work together, and it's considerably less expensive than other similar organized sports, like hockey."

He decided to carry on with his passion for the sport that began when his own children were young. Most parents who coach their kids stop coaching once their children no longer play, but not Vernon! For Vernon and his family, coaching soccer has become part of their lifestyle.

His wife, Edith, and his daughters are regular sideline supporters. From sharing in the driving duties, to making sure everyone gets something to eat or drink before, during and after the games and practices, they combine to make a perfect team!

"We want to make sure everyone who wants to play gets the opportunity. There are no restrictions, unless of course, a player doesn't play by



the most important rule: be fair to everyone."

It's clear that Vernon doesn't run the soccer program for himself...he does it for the children of Nisichawayasihk Cree Nation. Thank you, Vernon!

There are Supports out There!

Nisichawayasihk – Local/Provincial/National Options



Mood Disorders Association of MB

Provincial Peer Support
Call: **1-800-263-1460** or email:
peersupport@mooddisordersmanitoba.ca
(M-F 9am-4pm Sat-Sun 10AM-4PM)
Postpartum Warmline: Call or Text
204-391-5983 (Hours 9am-9pm M-Sun)



Anxiety Disorders Association of MB

Thompson Peer Support: Call/Text:
431-754-6720 (M to F – 1pm-4pm)
Provincial Outreach and Support:
Call: **204-925-0040** or **1-800-805-8885** if
you would like to chat or feeling anxious



Help for mothers before, during and after pregnancy

For more info:
204-484-2341
ext. 128



Managing and Understanding Your Diabetes and Nutrition

Contact our ADI
Worker at:
204-484-2341
ext. 132



Youthspace

Emotional support to persons 30 years and under

Text to: **(778) 783-0177**
Or Chat: www.youthspace.ca
(8pm-2am in MB)

Indigenous Specific Resources

HOPE For Wellness Line: Speak to a counselor about anything. You can request services from: Male or Female, Cree and English

Call: 1-855-242-3310
or connect to online chat:
hopeforwellness.ca

Residential School Crisis Line: Support and Crisis Services –
1-866-925-4419 (24/7)

60s Scoop Peer Support Line: (8am-8pm)
Listening and support – 1-866-456-6060

MKO Mobile Crisis Response Team:
1-844-927-5433 or check out their many services at: <https://mkonation.com/>



NCN Medical Receiving Home

A Safe, Full Service Stay for Our Citizens

Provided for ALL NCN Community Members who have referrals for medical appointments in Winnipeg

For more information, please call:
204.786.8661



NCN Medicine Lodge

NCN Medicine Lodge
Healthier Lifestyle with
Control Over Addictions

Telephone: **204-484-2256**
Paving the Red Road to Wellness



NCN Women's Shelter



We'll keep you and your children safe while you make a plan for your future

Emergency On-Call: 204-679-1996 24/7
Landline: 204-484-2634 Executive Director (24/7): 204-679-2851

Sexual Assault,/Exploitation/ Partner Violence

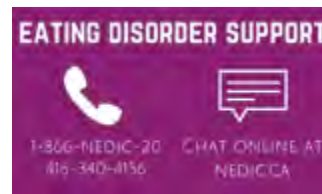
Sexual Assault Crisis Line: 1-888-292-7565
Trafficking Hotline: 1-833-900-1010 (24/7)
Hurt in a relationship? 1-877-977-0007
Klinik Crisis Line: 1-888-322-3019
Thompson Crisis Centre: 204-778-7273



The Canadian Prenatal Nutrition Program aims to improve the Well-Being of Pregnant Women

- Weekly prenatal classes
- Weekly food coupons
- Friendship and support with other new mothers

Contact FCWC CPNP Worker at:
204-484-2341 ext. 132



1-866-633-4220

Or Chat online: NEDIC.ca (hours vary)

Manitoba Parent Line

1-877-945-4777
(8am-8pm Monday-Friday)

Parents' Helpline PLEO

Family Peer Supporters help parents of children (up to 25 yrs) facing mental health challenges **1-855-775-7005**



Support and Information

Thompson Based

Canadian Mental Health Association
204-677-6056

Provincial

Manitoba Schizophrenia Society
204-786-1616



Call: **1-866-367-3276** (available—24 hours, 7 days a week!)

No matter what the issue, support for anyone of any age, from anywhere in Manitoba



Jordan's Principle

A Child First Initiative
NCN Family and Community Wellness Centre

Jordan's Principle makes sure all First Nations children have access to products, services and supports they need, when they need them.

You can make an appointment or get a referral by calling our office: 204-484-2585



Rainbow Resource Centre

Free phone counselling for members of the 2SLGBTQ+ community of all ages, families, friends and loved ones as well.
Email to setup appointment:
info@rainbowresourcecentre.org

Trans Lifeline: 1-877-330-6366 Hotline for transgender people in crisis. Including people who may be struggling with gender identity or not sure if transgender (hours may vary as volunteers available)

LGBTQ+ Resource: Pflag Canada Support, info and resources to gay, lesbian, bisexual, transgender or questioning people and their family and friends

Call **1-888-530-6777** ext 226 (24/7)
Or email gender@pflagcanada.ca



Success Through Advocacy and Role Modeling

Pregnancy can be difficult, and dealing with addiction or substance abuse can be even harder.

Speak to the FCWC STAR Program Manager Call: **204-679-4619**



Health Links Info Santé

A 24/7 telephone service to provide answers to your health care questions and to guide you to the care you need.

204-788-8200
or toll-free **1-888-315-9257**



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NCN Wellness Programs and Services
Call Us Today! **204-484-2341**

NCN Wellness – Support and Information Lines:



Mental Health On-call: **431-354-1270**
– Public Health Nurse: **204-484-2341**
ext. 131 – WeTel Check-in Text Support
Scan QR Code or use the Self-Enrollment link below: <https://mis-nelsonhouse01.weltelhealth.net/enroll?clinicid=1>



Child Protection:

If you think a child is being harmed or neglected:
NCN CFS at: **204-484-2341**
On-Call 24/7: **204-679-6386** or **204-679-5544**

Your Path to Wellness

See how the FCWC
can help you ...
Programs, support,
education, and more ...



Circle of Care

The Circle of Care focuses on the mental, emotional, physical and spiritual wellbeing of parents, children and extended family through holistic teachings based on the Medicine Wheel. It is used as a guide to identify a family's strengths, overcome its issues, and find practical solutions for everyday life.

The Circle of Care is different for everyone. You and your family may receive a combination of social services and programs such as the fitness centre, therapists, counselling, daycare, mediation, Elders programs, maternal resource program, arts and culture, and more.

Steps include:

- family needs assessment
- worker and family develop relationship
- discuss family's strengths, barriers, needs and goals
- worker collaborates with other agencies, support groups, therapy, etc.
- family and worker discuss strategy and create plan together
- family attends counselling, workshops, programs, etc.

Benefits include:

- higher self-esteem
- positive vision for the future
- problems from the past are resolved
- clear understanding of who you are and what you need
- better relationships with those around you
- strategies for dealing with stress, frustration, anger



*Leading your family
out of the darkness and into the light.*

NCN Fitness Centre

The NCN Fitness Centre is housed in the Family and Community Wellness Centre. It is open throughout the week and is free for all NCN Citizens. There are many options available to break a sweat, whether you're brand new or a seasoned gym rat.

Beyond working out, you can learn about health and fitness, including how to lessen the risk of diabetes and cardiac disease. Learn how to set goals and use hard work and determination to achieve them. Physical activity is great for the body and for the mind too, clearing the mind and relieving stress.

Make a trip to the fitness centre a recurring event for everyone in your family. Make it a date night or a family night. You may be surprised how easy it is to chat while walking on treadmills or shooting hoops!

Services include:

- aerobic exercise area
- full suite of fitness equipment
- change rooms
- advice and support from gym staff

Benefits include:

- better physical health
- improved mental outlook
- better sleep
- more confidence and self-esteem



*You'll love what
exercise can do for your family!*



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Phone: **204-484-2341**

Address: 14 Bay Road Drive, Nelson House, MB R0B 1A0

Follow us on Facebook

Do you have a suggestion or a Mithomahcihowin story idea?

We would like your comments, feedback or news stories. Please contact ncnwellness@gmail.com



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Wellness Centre Inc.

14 Bay Road Drive
Nelson House, Manitoba R0B 1A0
T (204) 484-2341
F (204) 484-2351
ncnwellness.ca



FCWC on Facebook!

Stay current with FCWC's latest news, events and updates on your computer, smartphone or device from our official NCN Facebook page @ncnwellness