



Ottawa Schedule

October 6: 11am to 4pm

Workshop is at the Richeleu-Vanier Community Centre

Time	Activity	Facilitator
10am to 11am	Registration	Michael Auksi
11am to 12pm	Opening prayers and introductions	Elaine Kicknosway
12 to 1pm	Lunch	Catered by Aboriginal Experiences
1 to 2:15pm	<p><i>Preventing Childhood Obesity in Your Aboriginal Community</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Understanding Aboriginal health and well-being <input type="checkbox"/> Understanding the current context (rates of obesity, causes, what can be done) <input type="checkbox"/> Thinking about screen time, poverty, safety concerns, etc. 	Melanie Ferris
2:15 to 2:30	Afternoon break	
2:30 to 3:30pm	<i>Getting Active:</i> Increasing and promoting physical activity from a cultural perspective	Michael Auksi
3:30pm to 4pm	Closing circle	Melanie Ferris/Elaine Kicknosway

October 7: 9:30am to 4pm

Time	Activity	Facilitator
9:30 to 10:30am	Opening prayers and Medicine Wheel teachings	Elaine Kicknosway
11am to 12noon	<i>Getting Active and Raising Healthy Children: Teachings from a Métis perspective</i> <ul style="list-style-type: none"> <input type="checkbox"/> Jigging—why it is important <input type="checkbox"/> The importance of being a good role model 	Jaime Koebel and Riley MacKenzie
12 noon to 12:45pm	Lunch	Catered by Aboriginal Experiences
12:45 to 2pm	<i>Eating the Right Stuff: Increasing and improving nutrition</i> <ul style="list-style-type: none"> <input type="checkbox"/> Strategies for choosing healthy food on a budget <input type="checkbox"/> Fun, healthy food on a budget—hands-on food preparation <input type="checkbox"/> Planning your community garden 	Melanie Ferris
2 to 2:15pm	Break	
2:15 to 3:30pm	<i>Creating Healthier Communities: Promoting holistic health and community healing from an Inuit perspective</i> <ul style="list-style-type: none"> <input type="checkbox"/> Resources and strategies to help Inuit parents in our communities <input type="checkbox"/> Inuit games and throat singing—why they are important 	Charlotte Qamaniq
3:30 to 4pm	Closing circle, evaluation, and next steps	Melanie Ferris

Facilitator Bios: Ottawa

Opening prayers and teachings:

Elaine Kicknowosay (Wolf Clan) is a Swampy Cree Woman. She is originally from the Northern Saskatchewan region, is a member of the Peter Ballantyne Cree Nation—known as people of the rock. She is a mother of one, step mother, traditional dancer, singer, and she is the Sacred Child Coordinator at Minwaashin Lodge - Aboriginal Women's Support Centre in Ottawa.

Movement, music, and other teachings:

Mike Auksi (Bear Clan) is a 28-year-old Ojibway-Estonian man who was born and raised in Toronto. He is from Lac Seul First Nation and enjoys visiting his family and hockey buddies. He is one year away from his social work degree at Ryerson University. As an athlete, he has played hockey for both the University of Toronto and Ryerson University, as well as a brief stint of minor pro in the Czech Republic. Outside of sports, he enjoys all types of music and food, yoga, reading *Men's Health*, and spending time with close friends. Mike is one of the key informants for the *Let's Be Healthy Together* project, and you can find some of his teachings throughout the toolkit.

Melanie Ferris (Horse Clan) is a proud Anishnawbe mother and health promotion consultant. She worked with Aboriginal people to develop the *Let's Be Healthy Together* toolkit. Melanie is trained in developing curriculum and doing research from an Aboriginal perspective. She always works to promote and include culture in her workshops. Melanie is originally from the Long Plain First Nation in southern Manitoba. She enjoys gardening, cycling, exploring, travelling, writing, practicing hot yoga, and creating.

Jaime Koebel and Riley MacKenzie—Jaime is an artist and professional Métis cultural dancer as well as a research and development officer for the Métis Settlements General Council. Jaime and her partner Jeff are both key informants for the *Let's Be Healthy Together* project, and you can find some of their teachings throughout the toolkit. Riley is one of Jaime's 8-year-old daughters. Both Jaime and Riley were models for some of the beautiful photographs in the *Let's Be Healthy Together* toolkit.

Charlotte Qamaniq is an Inuk mother to two beautiful young children, a speaker of Inuktitut, a role model, and a throat singer.