



Sudbury Schedule for Service Providers

September 17: 11am to 4pm

Workshop is in the Georgian D Room, Holiday Inn

Time	Activity	Facilitator
10am to 11am	Registration	Meghan Boston-McCracken, Best Start staff
11am to 12:15pm	Opening prayers and introductions	Grandmother Christina Agawa
12:15 to 1:15pm	Lunch	Holiday Inn
1:15 to 2:30pm	<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 Tarig Ahmed
2:30 to 3:30pm	<i>Getting Active:</i> Increasing and promoting physical activity from a cultural perspective	Darren McGregor
3:30pm to 4pm	Closing circle	Melanie Ferris

September 18: 9:30am to 4pm
Workshop is in the Georgian D Room, Holiday Inn

Time	Activity	Facilitator
8:30 to 9:30am	Hot breakfast	Holiday Inn
9:30 to 10:30am	Opening prayers and Medicine Wheel teachings	Grandmother Christina Agawa
10:30 to 11am	Building a vision for your community	Melanie Ferris
11 to 11:15am	Using your hand drum Optional break time for those who want a break	Tarig Ahmed Melanie Ferris
11:15am to 12:30pm	<i>Eating the Right Stuff: Increasing and improving nutrition</i> <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
12:30 to 1:30pm	Lunch	Holiday Inn
1:30 to 2:30pm	<i>Creating Healthier Communities: Promoting holistic health and community healing</i> <input type="checkbox"/> Learning what the Medicine Wheel teaches us <input type="checkbox"/> Resources and strategies to help in our communities <input type="checkbox"/> What the Elders teach us	Melanie Ferris
2:30 to 3:30pm	Closing circle, evaluation, and next steps	

Facilitator Bios: Sudbury

Opening prayers and teachings:

Christina Agawa (Ojibwe) is from the Batchawana First Nation. She is a mother of five children, grandmother of 17, and a great grandmother of five beautiful children. Christina has worked in the field of addictions since 1982. She helps people with anger management and grief recovery. Christina facilitates the weekly women's circle at Sudbury's friendship centre, works with adults and children, and helps the Elder in sweat lodge ceremonies. She is passionate about serving others. Christina says, "I know that I am an instrument and Humble myself daily to do Creator's will in my life."

Music and teachings:

Tarig Ahmed (Bear Clan) is an active five-year-old who lives with his mother Melanie in downtown Toronto. His spirit name is "Carrier of the Teachings." He loves to teach people about having fun. Tarig is a hand drummer, singer, dancer, cyclist, and a free spirit. He studies African and Caribbean dance, practices tae-kwon-do regularly, can swim on his own, and is a sometimes vegetarian. Tarig is studying in French when he enters senior kindergarten in September.

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.

Darren McGregor has been a singer on the grandfather Drum for the past 20 years. He has travelled throughout Canada and the USA and as well as South America singing and sharing his teachings. Darren volunteers with the Sudbury Jail providing inmates an opportunity to sit and sing at the drum on a weekly basis, and is the facilitator for the Nswakamok Dance troupe. He teaches about the Drum and protocols on a weekly basis at the Native Friendship Centre and St. Charles College. Drums that Darren has been a part of are the Eagle Flight Singers, Chippewa Travellers, Whitetail Cree Singers, Council Fire Singers, Smoke Trail Singers, Morningstar River, Tall Pine Singers, and Rice Lake Singers. He is the lead singer for the N'Swakamok Singers and a member of the Northshore Ogitichidaa Singers.