



## MÉTIS NATION OF GREATER VICTORIA COMMUNITY UPDATE- January 2015:

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### Potluck 21 Jan 2015

Metis Nation of Greater Victoria received a grant for community project in health and wellness. It is our goal to meet local community needs and providing information, tips and references in the four key areas of health aligns with Aboriginal Healthy Living. As we continue our winter wellness challenges we will lean to nurture our spirits, respect the sacred plants, make healthy choice and get active.

There is still time to early bird register for the Times Colonist 10 k race several have asked about eh Beefy Chiefs 2.0. This is another wellness challenge competing for individual and community prizes. Registration is \$35.00 giving you a \$100 Fitbit and all you have to do is get fit and lose some weight. This is an awesome event. More to be announced.

Come to our next potluck in comfortable clothes and shoes  
There are door prizes for participants

We ask that you bring your own cutlery and dishes to help keep reduce the use of foam, plastic or paper disposable items.

**If you are attending the potluck we ask:**

**That you park only on the sports field side of the parking lot or on the street,**

**That you please enter and exit the Friendship Centre from the lower door off the parking lot and,**

**That you do not wander in the halls of the Centre. There are other groups using the facility as well and we do not want to disturb them .**

The potluck is held in the gym at the far end of that corridor

A community member has asked if community members could label the food they bring. A number of community members have allergies and they could enjoy what you brought if they knew more about the item contents.

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## **METIS PUBLIC HEALTH SURVEILLANCE Photo contest**

The Metis Nation Public Health Surveillance Program is launching a healthy “friends and family” calendar in the New Year. We would like to have people **submit their photos (spring, summer, fall and winter) of what they believe “Health” looks like to them. Capture: Metis Culture, Wildlife, Babies to Elders and everything in between. 9**

Winners will be announced and receive a gift as well as full photo credit.

Please submit your photos by January 16th, 2015 to [phutchinson@mnbc.ca](mailto:phutchinson@mnbc.ca)

\* Contestants will be asked to submit a media consent form as MNBC may ask to use your pictures on MNBC’s webpage, publications, and social media as appropriate.

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## **BC Family Day Photo/Video Contest**

Please see the attachment for information on this attachment

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Contact MÉTIS NATION OF GREATER  
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