

Share & Learn: *Healthy Together Now - Champions and Leaders*

Story Highlights Nov. 26 & 27, 2014

Weds. Nov. 26	Description **	Contact Information
Story 1		
Charlie Green Garden at Charlie Brown Daycare, Ste. Rose du Lac	Charlie Green Garden: Staff, parents, children, and community members worked cooperatively to create a vegetable and fruit garden and to enhance the Daycare's back yard into more of a natural play space. This project supports healthy eating from the foods they grow, physical activity by encouraging the staff and children to participate in the project and a good sense of self-worth and pride from the outcome of what they have created. Gardening can be a therapeutic healing experience that will positively impact mental health and well-being. Our gardening and natural play space project provides positive social interactions and boosts self-esteem.	Natalie Archambault peanuts2@mymts.net Joy Bodnar peanuts2@mts.net 204-447-2766
Story 2		
Women's Only Fitness Class – River Heights & Fort Garry, Wpg	Women's Only Fitness Class: These programs have been developed in partnership with Manitoba Fitness Council and local community not-for-profit service providers to support women to get more active and reduce barriers to physical activity. We will tell the story of how we got started, what steps we took and where we are now 3 years later. We will share how we recruited new leaders to the certification process and how this can build individual and group capacity. Also, we will review; if we could do it again what would we do differently... Come hear our story of building opportunities and reducing barriers for women living in South Winnipeg.	Stephanie Jeffrey sjeffrey@manitobafitnesscouncil.ca 204-235-1245 Amanda Younka ayounka@wrha.mb.ca 204-232-9905
Story 3		
Linking Intergeneration Friends of the Environment (L.I.F.E.) Assiniboine South, Wpg	Linking Intergeneration Friends of the Environment (L.I.F.E): A partnership program between Assiniboine Park, Charleswood Care Centre and Pacific Junction School. This project matches seniors with school age children to explore hands on activities in an outdoor setting. Activities focus on the pillars of mental well-being, physical activity and healthy eating. This project increases cooperation, interaction and exchange between two generations, while promoting a strong sense of community that grows out of common discoveries.	Bonne Tulloch BTulloch@assiniboinepark.ca 204-927-6051
Story 4		
Healthy Community Healthy Lungs, Lord Selkirk Park - Wpg	Healthy Community, Healthy Lungs: An integrated, collaborative community approach to Tobacco Reduction. The Manitoba Lung Association, along with partners in the Lord Selkirk Park Community of Winnipeg, have been working together to improve health, increase awareness and nurture community strengths in an effort to promote optimum health and smoke free living. Find out how quit smoking contests, blue light campaigns and smoke free pledges, which are augmented with skills and cultural teachings, can bring about best results and build champions in a community.	Tracy Fehr tracy.fehr@mb.lung.ca 1-204-774-5501 ext 245 Toll Free 1-888-566-5864

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Story 5		
Engaging Community: The Northern Region Youth Project	Engaging Community: The Northern Region Youth Project This multi-community project focuses on building youth leadership skills for community engagement. The training provided helps young people organize projects and activities that not only benefit the community, but also promote the four modifiable risk factors. Each year of the past 3 there has been a Youth Summit to bring all the youth together to promote their projects, further their skill development, provide certification and to connect the communities in a fun way. The HUB is a team of community workers from the various communities that guides the project and provides direction and support to the youth. Join this inter-active story session to learn more about the project, to experience some of the training and to have an opportunity to share your ideas.	Don Gamache Dgamache2@nrha.ca 204- 623-9653 Flo Frank flofrank@sasktel.net 306-376-2220
Story 6		
Beat the Winter Blues and Caught You Being Active, Rossburn	Beat the Winter Blues and Caught You Being Active – Activity Spotter Project Minus 52 with the windchill? Challenged to stay active over the winter months? Due to the harsh winter experienced in 2014, a community of partners came together to plan and promote physical activity as a way to " <i>Beat the Winter Blues.</i> " Learn what the community of Rossburn did to encourage people to keep moving and how they acknowledged them for their commitment to physical activity through their " <i>Caught You Being Active Spotter Project.</i> "	Tawna Balak tlbalak@gmail.com 204-859-2980
Thurs. Nov. 27	Description **	Contact Information
Story 7		
Family Cooking Time, Brandon	Family Cooking Time: <i>A cooking and nutrition class for newcomer families.</i> Immigrant families face many challenges: unfamiliar foods/ ingredients, trying to make healthy foods for their families and finding activities that they can do as a family. Family Cooking Time aims to provide newcomer families an 8-week, two-and-a-half hour session per week of cooking and nutrition classes. The program seeks to promote the following: healthy eating, safe food handling, economical cooking and family time. Participants have to register as families (e.g. parents (both or one) and children, grandparents and grandchildren). An instructor leads the class for shopping, grocery store tours and cooking.	Joy Escalera, Westman Immigrant Services joye@westmanimmigrantservices.ca 204-727-6031 Ext 2231
Story 8		
Doing Life Well – River East , Wpg	Doing Life Well: is a program for women that address the four HTN pillars. Some of the goals were to improve family relationships and to equip the women through resourcing and skill development for volunteerism and employment in their community. Anna Maria and Doris will share some of the successes of this 10 month program which includes three women to date who have not smoked since March, women becoming more confident, making positive choices and changes in the lives of their families and for themselves.	Anna Marie Geddert Doris Neufeld Jubilee Mennonite Church jmccommunity@mymts.net 204-668-9933

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Story 9		
Mensheds– St. James, Wpg	Mensheds: is a peer led; grass-roots program targeting mainly (but not exclusively) senior men. Its main goal is to reduce isolation by offering activities that participants are interested in such as cooking congregate meals; stain glass; wood carving; a fused glass course & digital camera course. In turn, the program promotes positive mental wellness among participants.	Doug Mackie dmackies@mymts.net 204-832-0629
Story 10		
Web of Influence – Selkirk	Web of Influence: Funding recipients are required to attend 4 meetings per year, one of them being where they are to present on their project. It became evident that there were valuable relationships starting to develop between some of the projects. Projects that would seemingly have nothing to do with one another, were now sharing resources and the web of influence began.	Lorie Fiddler sfcdcare@mymts.net 204-482-8656 Elaine Elliott emelliot@mymts.net
Story 11		
Smoking – It’s a bad thing!: The story of the Marlene Street Kids Anti-Smoking Video, St. Vital Wpg	Smoking – It’s a bad thing!: The story of the Marlene Street Kids Anti-Smoking Video In February 2014, we created a public children's anti-smoking video over the course of a month. It started with a conversation about smoking with the children attending our after-school programs (aged 7-12). We heard their personal opinions and feelings on what they disliked about their parent's and/or family member's smoking behaviour. Once we understood their issues with smoking, we created a rap song incorporating all of the issues the children highlighted. When the rap song was complete, a videographer filmed the children making props to use in the video to help outline the disadvantages of smoking. This was followed by the children recording the rap song at a professional studio while the videographer was present to film the children's recording session. The final video was posted to Youtube for the public to view and celebrated with an unveiling with the children at the Centre with healthy snacks during after-school hours. The video can be found at: http://www.youtube.com/watch?v=hVVTNMDcgho	Angela Konkin msyouth@shaw.ca Marlene Street Resource Centre 204-253-8994
Story 12		
Drums Alive, Brandon	Drums Alive: Manitoba winters! What a challenge to be active – indoors or out, especially for those who aren’t sports orientated. Come hear how the Drums Alive program caught the interest of the Brandon community and how it blossomed into Alberta and BC via the Brandon connections. From the Zumba-like pulsating rhythms, to the dance-like moves and the healing drumbeats on the fitness balls which serve as the drums – Drums Alive has caught on in Brandon with everyone from preschoolers to seniors. Listen to Melanie and Kathy describe how this new type of fitness captivated the Brandon community and hear more about its positive benefits across the lifespan. Are YOU ready to RUUUUUUUMMMMBLE?	Melanie Hellyer mhellyer@pmh-mb.ca 204-578-2196 Kathy Grayson kathyg@wacgwave.ca 204- 730-0118
	** additional information will be available at www.healthytogethernow.ca	