



First Nations Health Authority
Health through wellness



BC First Nations Perspective of Health and Wellness

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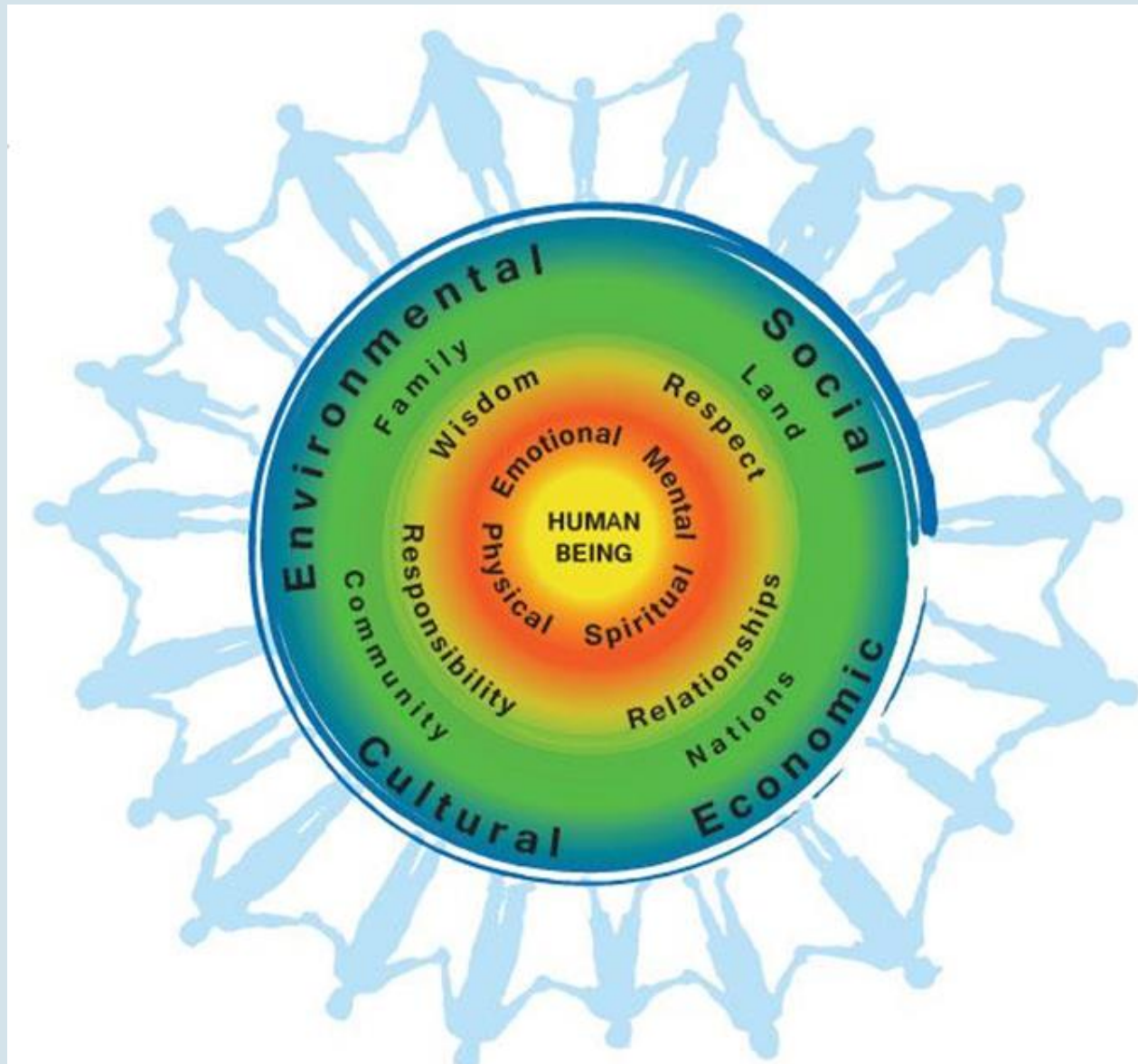
Partnership Development & Initiatives, FNHA



Acknowledgements



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Ecosystem of Health and Wellness



www.fnha.ca/GoodMedicine
#GoodMedicineFNI



 Good Medicine



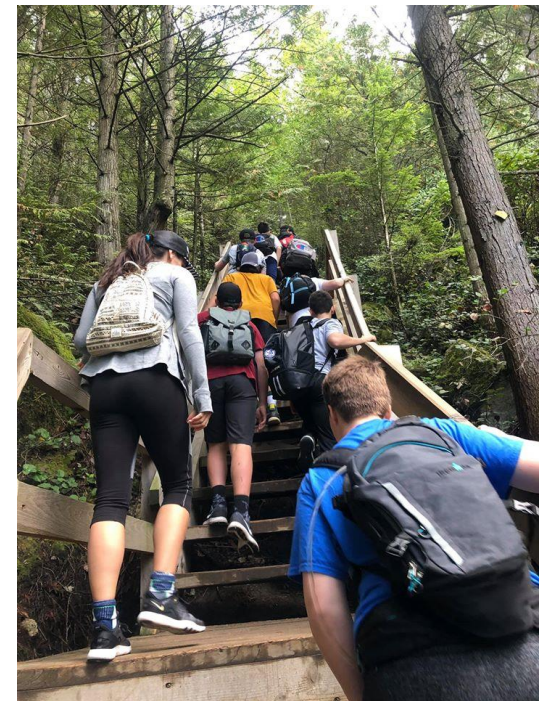
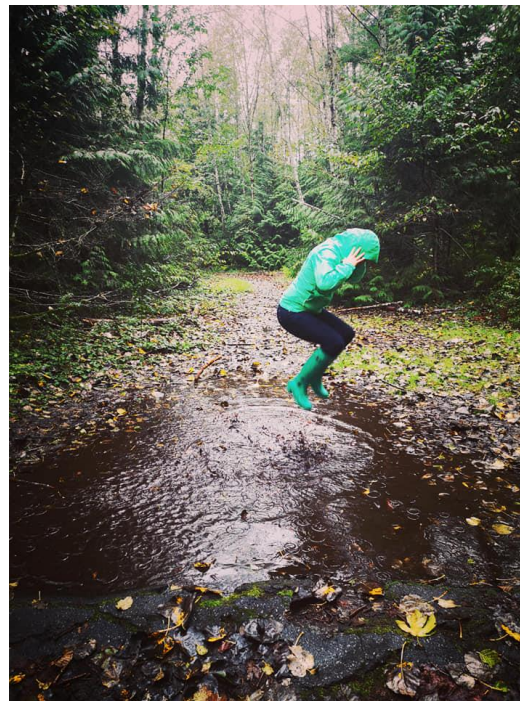
FNHA 30x30 Active Challenge

Commit with us to the goal of doing 30 minutes of physical activity/day during the month of September (30 days)

#30x30ActiveChallengeFNHA



FNHA Wellness Calendar...2020



October: Sober(er) for October

November: National Addictions Awareness Week & Diabetes Awareness Month

December: Connectedness during the holidays – a focus on nurturing your spirit.