

ABORIGINAL COMMUNITIES: ACTIVE FOR LIFE **WORKSHOP**

The community is the first place that everyone experiences sport and physical activity. Aboriginal Communities: Active for Life resource and full-day workshop was created with guidance from Indigenous community leaders throughout the country, with the purpose of inspiring other leaders looking for culturally tailored resources that act as a vehicle toward individual and community holistic development. It supports these individual champions as they embark on a journey to develop sustainable quality sport and physical activity programs, build collaborative relationships, and re-engage their community members into active and healthy lifestyles.

Facilitated by
**Dorothy Paul
& Lea Wiens**



The workshop will provide participants with:

- An understanding of the importance of physical activity, and an introduction to the concept of physical literacy, which is the motivation, confidence, physical competence, knowledge and understanding to be Active for Life!
- A feeling of empowerment to support and deliver quality sport and physical literacy enriched programs in their community
- Tools, resources, and action plans to help get their communities more active

Jan. 29th & 30th, 2018 | 4:30 – 7:30PM

ᑭᐱᑭᐱᑭᐱ' School; 500 Mission Road
Cranbrook, BC

Please RSVP by

January 24

Cost

Free

*Lunch and refreshments will
be provided during breaks.*

Dress for light physical activity

Register Today

Email Lea Wiens
lea@sportforlife.ca or
call Aqamnik School:
250-489-5183

Dorothy Paul

Dorothy's mother was from Old Massett Village on Haida Gwaii and her father is from Uist, Scotland. She works at Coast Salish Employment and Training Society and has an extensive sport background. Her current sport of choice of Box Lacrosse. Dorothy is a Master Learning Facilitator for the Aboriginal Coaching Modules and Aboriginal Long-Term Participant Development Pathway. Her workshops are focused on fun, interactive exercises with lots of games to facilitate learning.

Lea Wiens

Lea is a physical literacy and community leader working in Alberta and across Canada to channel the power of physical literacy and quality sport across the lifespan. Since 1986 Lea has been fueling her passion for physical activity to inspire youth, adults, communities, pools, schools and workplaces to get moving. Her key areas of focus are physical literacy, Long-Term Athlete Development, Creating Physically Literate Individuals, Schools and Communities. In 2009, she established Sport 4 Life Cochrane and went on to lead the RBC Learn to Play Community Mentorship on behalf of the Sport for Life Society. Lea is currently leading a project with Sport for Life to measure the impact of physical literacy mentorship in Aboriginal Schools.

In collaboration with



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