



# Aboriginal Diabetes Initiative Resources

Traditional Wellness Resources, Nutrition & Physical Activity

Please visit the FNHC Community Health web page for  
a comprehensive list of all resources:

[www.fnhc.ca/index.php/initiatives/community\\_health](http://www.fnhc.ca/index.php/initiatives/community_health)

Includes:

First Nations ActNow

Nutrition

Physical Activity

Traditional Medicine

Environmental Health

Diabetes

HIV/AIDS

Injury Prevention

Some of the valuable resources have been captured here for your  
easy access, as well, as providing phone numbers in case you do not  
have access to the Internet.

## Aboriginal Diabetes Initiative Resources:

# Traditional Medicine Resources

The following resources have been compiled to provide knowledge, community support, and capacity building around preserving and cultivating traditional practices and medicines. Embracing and embracing traditional wellness will bring a holistic approach to the health and wellness of BC First Nations.

### Traditional Healing websites

#### World Health Organization

[www.who.int/mediacentre/factsheets/fs134/en/](http://www.who.int/mediacentre/factsheets/fs134/en/)

*WHO is the directing and coordinating authority for health within the United Nations. It is responsible for providing leadership on global health matters, shaping the health research agenda, setting norms and standards, articulating evidence-based policy options, providing technical support to countries and monitoring and assessing health trends.*

#### Prometra: The Association for the promotion of Traditional Medicines.

[www.prometra.org](http://www.prometra.org)

*An international organization for the preservation and restoration of the ancient arts of traditional medicine*

#### National Center of Complimentary and Alternative Medicine, NCCAM

[nccam.nih.gov/news/camsurvey\\_fs1.htm](http://nccam.nih.gov/news/camsurvey_fs1.htm)

*NCCAM's mission is to explore complementary and alternative healing practices in the context of rigorous science, train CAM researchers, and disseminate authoritative information to the public and professionals.*

#### Report of the Royal Commission on Aboriginal Peoples: traditional health and healing

[www.ainc-inac.gc.ca/ch/rcap/sg/sim3\\_e.html](http://www.ainc-inac.gc.ca/ch/rcap/sg/sim3_e.html)

*A Health Canada document on policy changes to better the life of Aboriginal peoples of Canada*



## Health resource links around the world:

[www.nativeweb.org/resources/health\\_elder\\_resources/](http://www.nativeweb.org/resources/health_elder_resources/)

*Resources for Indigenous Cultures around the World*

## Native Science: What is Traditional Knowledge?

[www.nativescience.org/html/traditional\\_knowledge.html](http://www.nativescience.org/html/traditional_knowledge.html)

*Information on traditional teachings, food, and local systems of traditional knowledge from the Arctic.*

## Traditional Healing Toolkits and Documents

### Sacred Ways of Life - Traditional knowledge. Prepared by Crowshoe Consulting INC

[www.naho.ca/firstnations/english/documents/FNC-TraditionalKnowledgeToolkit-Eng\\_000.pdf](http://www.naho.ca/firstnations/english/documents/FNC-TraditionalKnowledgeToolkit-Eng_000.pdf)

*Traditional knowledge community toolkit.*

### Traditional Medicine in Contemporary Contexts: Protecting and Respecting Indigenous Knowledge and Medicine. Prepared by Dr Dawn Martin Hill

[www.naho.ca/english/pdf/research\\_tradition.pdf](http://www.naho.ca/english/pdf/research_tradition.pdf)

*An in depth document discussing Traditional Medicine and its role in society today.*

### Handbook and Resource Guide to the Convention on Biological Diversity

[www.naho.ca/publications/biodiversityGuide.pdf](http://www.naho.ca/publications/biodiversityGuide.pdf)

### An Overview of Traditional Knowledge and Medicine And Public Health in Canada

[www.naho.ca/publications/tkOverviewPublicHealth.pdf](http://www.naho.ca/publications/tkOverviewPublicHealth.pdf)

## Aboriginal Healing and Wellness Strategy.

[www.ahwsontario.ca/publications/Traditional%20Healing%20Guidelines\\_2004.pdf](http://www.ahwsontario.ca/publications/Traditional%20Healing%20Guidelines_2004.pdf)

*Detailed report on Draft Guidelines for Traditional Healing Programs, February 2002.*

## CIHR Guidelines for Health Research Involving Aboriginal People.

[www.cihr-irsc.gc.ca/e/documents/ethics\\_aboriginal\\_guidelines\\_e.pdf](http://www.cihr-irsc.gc.ca/e/documents/ethics_aboriginal_guidelines_e.pdf)

*Guidelines prepared by the ethics office of the Canadian Institute of Health Research to assist researchers and institutes to carry out ethically and culturally competent research involving Aboriginal peoples.*

## Tobacco Cessation Websites

*This youth friendly website has a lot of tobacco information, cessation resources, teacher resources, and aboriginal specific materials.*

[www.tobaccofacts.org/](http://www.tobaccofacts.org/)

*Centre of Addiction and Mental Health provides many resources available in PDF and to order on tobacco, alcohol and other drugs.*

[www.camh.net/index.html](http://www.camh.net/index.html)

*Centre for Addictions Research of BC provides tobacco toolkits for teachers through the various grades. Also available are Actnow products for order or to download.*

[www.carbc.ca/](http://www.carbc.ca/)

*BC Lung Association has many resources on tobacco cessation.*

[bc.quitnet.com/](http://bc.quitnet.com/)

*Health Canada- Quit 4 Life: Break the Habit. A website tailored for youth and tobacco cessation.*

[www.quit4life.com/](http://www.quit4life.com/)

## Aboriginal Diabetes Initiative Resources:

# Nutrition

The following resource links will get you started in the right direction when looking for reliable nutrition information, program ideas that will be relevant for your community as well as few potential funding sources. Some of these resources have components that are specially designed for aboriginal people, while others give us a great starting point, to develop something that will really work in our community.

### Food Guides

#### **Eating Well with Canada's Food Guide – First Nations, Inuit and Metis;**

[www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index-eng.php)

[www.myfoodguide.com](http://www.myfoodguide.com)

*Use this on-line tool that allows you to create your own personal food guide including your choice of store, grown and traditional foods. You can also use this as a framework for the development of your own community food guide.*

### Healthy Eating

#### **BC Healthy Living Alliance – Healthy Eating Programs:**

[www.bchealthyliving.ca/healthy\\_eating](http://www.bchealthyliving.ca/healthy_eating)

**Healthy Food and Beverages at School, Work and Play** – *Making changes in schools, recreation facilities and local government buildings.*

**Farm to School Salad Bar** – *Bringing fresh, locally-grown produce directly to BC kids*

**Food Skills for Families** – *Helping BC's most vulnerable families learn to select and prepare healthy food*

**Sip Smart!** – *Teaching BC kids to stop the pop habit*

### School Nutrition

#### **Making it Happen Healthy Eating At School**

[www.knowledgenetwork.ca/makingithappen/index2.html](http://www.knowledgenetwork.ca/makingithappen/index2.html)

#### **Act Now BC – School Fruit & Vegetable Snack Program:**

[www.aitc.ca/bc/snacks/](http://www.aitc.ca/bc/snacks/)

*(BC Agriculture in the Classroom Foundation)*

#### **School meal programs - Directorate of Agencies For School Health -**

[www.dashbc.org](http://www.dashbc.org)



## **Brand Name Foods List - Is your packaged food a CHOOSE MOST choice?**

[www.brandnamefoodlist.ca/default.aspx](http://www.brandnamefoodlist.ca/default.aspx)

### **Actions Schools BC:**

[www.actionschoolsbc.ca/Images/Top%20Menu/FoodFit.pdf](http://www.actionschoolsbc.ca/Images/Top%20Menu/FoodFit.pdf)

### **Menu Planning:**

[www.mealsmatter.org/](http://www.mealsmatter.org/)

## **Cooking Programs**

### **Kids in the Kitchen**

[www.youville.ca/english/links.html](http://www.youville.ca/english/links.html)

### **Food Skills For Families Aboriginal – Canadian Diabetes Association BC Region**

604-732-1331

## **Food Safety**

**Food Safe** – Level 1 Food Safe Training is available through - First Nations Inuit Health Environmental Public Health Services. For more information contact the Senior Environmental Health Officer for your area:

### **Prince George:**

Iain Baird, Senior E.H.O

Phone: 250-561-5378 Fax: 250-564-3272

### **Kamloops:**

Ian McLean, Senior E.H.O

Phone: 250-851-4831 Fax: 250-851-4838

### **Victoria:**

Peter Mazey, Senior E.H.O

Phone: 250-363-0249 Fax: 250-363-0179

Food Safety Resources = [www.fightbac.org](http://www.fightbac.org)

## **Food Security**

### **Toronto Food Share website:**

[www.foodshare.net/goodfoodbox01.htm](http://www.foodshare.net/goodfoodbox01.htm)

*Information on Good Food Box Programs, Community Kitchens and other practical food security initiatives.*

### **BC Food Systems Network**

[www.fooddemocracy.org](http://www.fooddemocracy.org)

*Working Group on Indigenous Food Sovereignty*

### **Aboriginal Agricultural Initiative**

[www.iafbc.ca/funding\\_available/programs/AAI/aa.htm](http://www.iafbc.ca/funding_available/programs/AAI/aa.htm)

### **Fresh Choice Kitchens**

[www.communitykitchens.ca](http://www.communitykitchens.ca)

*Information on how to start a community kitchen, including getting started, how to find a kitchen near you, recipes etc.*

## **Traditional Foods**

### **Centre for Indigenous Peoples Environment & Nutrition**

[www.mcgill.ca/cine/](http://www.mcgill.ca/cine/)

## **Healthy Eating and Special Diet Info**

### **Dial A Dietitian**

[www.dialadietitian.org](http://www.dialadietitian.org)

*Free Nutrition Info Just a Call Away (1-800-667-3438)*

### **Dietitians of Canada Consumer Resources – Eat Well Live Well:**

[www.eatwellivewell.ca](http://www.eatwellivewell.ca)

### **Healthy Eating is In Store**

[www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca)

*Take the virtual grocery tour to learn more about reading food labels*

## Aboriginal Diabetes Initiative Resources:

# First Nations Physical Activity Resources

The following resources provide support, outreach, coaching, training or capacity building events and opportunities to help create community social and physical environments that are supportive of regular physical activity; and to increase knowledge and develop personal skills to enable First Nations to adopt and sustain healthy, active lifestyles.

### National

#### Aboriginal Sport Circle of Canada

Roundpoint Building RR 3  
Akwesasne Mohawk Territory  
Cornwall Island, ON K6H 5R7  
Tel (613) 938-1176  
Fax (613) 938-9181  
Email: [executivedirector@aboriginalsportcircle.ca](mailto:executivedirector@aboriginalsportcircle.ca)  
[www.aboriginalsportcircle.ca/main/about.html](http://www.aboriginalsportcircle.ca/main/about.html)

*Information on athlete support, coach development, programs, and camps.*

### Provincial Offices

#### First Nations

#### Aboriginal Sports and Recreation Association of BC

4-2475 Mt. Newton X Road  
Saanichton, BC  
V8M 2B7  
Tel: 250-544-8172  
Fax: 250-544-8173  
Email: [asra@asra.ca](mailto:asra@asra.ca)  
[www.asra.ca/Content/About%20Us/Index.asp](http://www.asra.ca/Content/About%20Us/Index.asp)  
*Aboriginal Coaches Manual, programs, camps, and youth council.*



## **First Nations Clubs, Events, Leagues, and Programs**

### **First Nations Athletes and Reading** Bridge

Through Sport Program

UBC Community Affairs

Ryanne James

Tel: 604.822.4755

Cell: 604-317-7842

Email: [Ryanne.james@ubc.ca](mailto:Ryanne.james@ubc.ca)

[www.communityaffairs.ubc.ca/bts/readingclub.html](http://www.communityaffairs.ubc.ca/bts/readingclub.html)

### **First Nations Basketball**

All-Native Basketball Tournament

Prince Rupert, BC

Email: [ant@citytel.net](mailto:ant@citytel.net)

[www.allnativetournament.ca/?page=home](http://www.allnativetournament.ca/?page=home)

### **First Nations Canoeing**

Seabird Island Indian Band

2895 Chowat Road, Agassiz, B.C. V0M 1A0

Phone: 604-796-2177

Fax: 604-796-3729

Email: [angiechapman@seabirdisland.ca](mailto:angiechapman@seabirdisland.ca)

[www.seabirdisland.ca/community/eventsponsor.html](http://www.seabirdisland.ca/community/eventsponsor.html)

*Seabird Festival; War canoe races; All Native Soccer Tournament; All Native Ball Hockey*

## **First Nations Golf**

### **Musqueam Golf Course and Learning Academy**

3904 West 51 Ave.

Vancouver, BC V6N 3W1

Phone: 604-266-2334

Fax: 604-266-2334

Email: [info@musqueamgolf.com](mailto:info@musqueamgolf.com)

[www.musqueamgolf.com](http://www.musqueamgolf.com)

### **Nk'Mip Canyon Golf Course**

37041-71st St., PO Box 1949,

Oliver, BC V0H 1T0

Toll-free: 1-800-656-5755

Phone: (250) 498-2880

[www.nkmipcanyon.com/](http://www.nkmipcanyon.com/)

### **Skaha Meadows Golf Course**

Mail: # 113 - 437 Martin Street, Box # 202

Penticton, British Columbia, V2A 5L1

Phone: 250-492-7274

Email: [golf@skahameadowsgolf.com](mailto:golf@skahameadowsgolf.com)

[www.skahameadowsgolf.com/](http://www.skahameadowsgolf.com/)

### **Sonora Dunes Golf Course**

1300 Rancher Creek Road

Osoyoos, BC V0H 1V6

Phone: 250-495-4653

Email: [info@sonoradunes.com](mailto:info@sonoradunes.com)

[www.sonoradunes.com/](http://www.sonoradunes.com/)

### **Tsawwassen Golf & Country Club**

1595 - 52nd Street,

British Columbia V4M 2Z4

Phone: 604-943-2288

Fax: 604-943-6117

Pro Shop: 604-943-3911

Email: [info@tsawwassengolf.ca](mailto:info@tsawwassengolf.ca)

[www.tsawwassengolf.ca/](http://www.tsawwassengolf.ca/)

## **First Nations Hockey**

### **Seabird Island Indian Band**

2895 Chowat Road, Agassiz, British Columbia

V0M 1A0

Phone: 604-796-2177

Fax: 604-796-3729

Email: [angiechapman@seabirdisland.ca](mailto:angiechapman@seabirdisland.ca)

[www.seabirdisland.ca/community/eventsponsor.html](http://www.seabirdisland.ca/community/eventsponsor.html)

*Seabird Festival; War canoe races; All Native Soccer Tournament; All Native Ball Hockey*



## **First Nations Running**

### **Honour Your Health Challenge**

Contact: Denise Lecoy

Phone: 250-216-4576

Fax: 250-276-4707

Email: Denise.Lecoy@gov.bc.ca

[www.honouringourhealth.ca](http://www.honouringourhealth.ca)

### **UBC Team - Aboriginal Runners, Cyclists, and Hikers**

[www.facebook.com/grohttp://www.tsawwassengolf.ca/up.php?gid=5878994369](http://www.facebook.com/grohttp://www.tsawwassengolf.ca/up.php?gid=5878994369)

## **First Nations Snowboarding**

### **First Nation Snowboard Team**

Aaron Marchant FNST Founder / Operations Manager

Direct: 604-982-8632

Fax: 604-980-4523

Toll Free: 1-877-628-2288

Email: aaron\_marchant@squamish.net

[www.fnriders.com/](http://www.fnriders.com/)

## **First Nations Soccer**

### **Namgis First Nation Soccer Tournament**

National Aboriginal Day June Sports

Father's Day (Annual)

Alert Bay, B.C.

Phone: 250-974-5556

Email: donalds@namgis.bc.ca

[www.june-sports-08.yikesite.com/](http://www.june-sports-08.yikesite.com/)

## **Seabird Island Indian Band**

2895 Chowat Road, Agassiz, British Columbia  
V0M 1A0

Phone: 604-796-2177

Fax: 604-796-3729

Email: [angiechapman@seabirdisland.ca](mailto:angiechapman@seabirdisland.ca)

[www.seabirdisland.ca/community/eventsponsor.html](http://www.seabirdisland.ca/community/eventsponsor.html)

*Seabird Festival; War canoe races; All Native Soccer Tournament; All Native Ball Hockey*

## **UBC and Musqueam Soccer Tournament**

For tournament details:

UBC Community Affairs

Ryanne James

Tel: 604-822-4755

Cell: 604-317-7842

Email: [Ryanne.james@ubc.ca](mailto:Ryanne.james@ubc.ca)

[www.publicaffairs.ubc.ca/media/releases/2005/mr-05-086.html](http://www.publicaffairs.ubc.ca/media/releases/2005/mr-05-086.html)

## **First Nations Walking**

### **Honour Your Health Challenge**

Contact: Denise Lecoy

Phone: 250-216-4576

Fax: 250-276-4707

Email: Denise.Lecoy@gov.bc.ca

[www.honouringourhealth.ca](http://www.honouringourhealth.ca)



## Community Sports and Recreation Programs

### BC Association of Aboriginal Friendship Centres

#200 - 506 Fort Street Victoria BC V8W 1E6

Phone: (250) 388-5522

Fax: (250) 388-5502

*There are 24 Aboriginal B.C. Friendship Centres in B.C. listed below and each centre's contact information can be found on the following website:*

[www.bcaafc.com/content/view/15/278/](http://www.bcaafc.com/content/view/15/278/)

## Programs with First Nations Involvement and Valuable Resources

### 2010 Legacies Now

[www.2010legaciesnow.com/250/](http://www.2010legaciesnow.com/250/)

*Aboriginal Sport Development*

### Game Plan BC, Athlete Support

[www.2010legaciesnow.com/game\\_plan\\_bc/](http://www.2010legaciesnow.com/game_plan_bc/)

### Spirit of BC Week

[www.spiritofbc.com/](http://www.spiritofbc.com/)

### Action Schools BC

[www.actionschoolsbc.ca/content/home.asp](http://www.actionschoolsbc.ca/content/home.asp)

*utilized in over 70 BC First Nation Schools*

### Act Now BC

Email: [actnow@gov.bc.ca](mailto:actnow@gov.bc.ca)

[www.actnowbc.gov.bc.ca/](http://www.actnowbc.gov.bc.ca/)

*Tips for Family, Youth, Adults, Pregnancy, Physically Challenged, and Seniors*

## Activator Widget

[www.healthycommunity.ca/ActNow/Default.aspx](http://www.healthycommunity.ca/ActNow/Default.aspx)

*challenge yourself or another community in physical activities*

### Arthritis Society, Joints in Motion

British Columbia and Yukon Division Office

#200 - 1645 West 7th Avenue

Vancouver, BC. V6J 1S4

Phone: 604-714-5550

Fax: 604-714-5555

Vancouver Island: Trish Duncan

Email: [tduncan@bc.arthritis.ca](mailto:tduncan@bc.arthritis.ca) or

250-519-4001

Vancouver and Lower Mainland inquires,

please contact: Emily Shandruk

Email: [eshandruk@bc.arthritis.ca](mailto:eshandruk@bc.arthritis.ca) or

604-714-5569

Toll free: 1-866-414-7766

[www.arthritis.ca/local%20programs/bcyukon/JIM/default.asp?s=1](http://www.arthritis.ca/local%20programs/bcyukon/JIM/default.asp?s=1)

### BC Association of Kinesiologist

102 - 211 Columbia Street

Vancouver BC V6A 2R5

Phone: 604.601.5100

Fax: 604.681.4545

Email: [office@bcak.bc.ca](mailto:office@bcak.bc.ca)

[www.bcak.bc.ca/findakinesiologist.php](http://www.bcak.bc.ca/findakinesiologist.php)

*Find a Kinesiologist in your Area*

### BC Healthy Communities

Library, Funding, Toolkits, and other resources

Phone: 250-356-0892

Toll free: 1-888-356-0892

Email: [bchc@bchealthycommunities.ca](mailto:bchc@bchealthycommunities.ca).

[www.bchealthycommunities.ca/Content/Resources/Index.asp](http://www.bchealthycommunities.ca/Content/Resources/Index.asp)

## BC Health Living Alliance

[www.bchealthyliving.ca/](http://www.bchealthyliving.ca/)

*Fifteen initiatives implemented by members of the alliance under four major strategies: Physical Activity, Healthy Eating, Tobacco Reduction, Community Capacity.*

## BC Recreation and Parks Association (BCRPA)

#101 - 4664 Lougheed Hwy.

Burnaby, BC V5C 5T5

Phone: 604-629-0965

Fax: 604-629-2651

[www.bcrpa.bc.ca](http://www.bcrpa.bc.ca)

## BC Healthy Living Alliance initiatives:

### Walk BC

Lindsay Richardson, Coordinator

Email: [lrichardson@bcrpa.bc.ca](mailto:lrichardson@bcrpa.bc.ca)

[www.bchealthyliving.ca/node/105](http://www.bchealthyliving.ca/node/105)

### Everybody Active

[www.bchealthyliving.ca/node/106](http://www.bchealthyliving.ca/node/106)

### Community Based Awareness Initiative

[www.bchealthyliving.ca/node/107](http://www.bchealthyliving.ca/node/107)

### Built Environment and Active Transportation Initiative

[www.bchealthyliving.ca/node/108](http://www.bchealthyliving.ca/node/108)

## Fitness Programs

Aquatic, aerobics, and pilates fitness, weight training and personal training, and osteofit Fitness Leader Registration Courses (incl. Distance), Workshops, Conferences, and Events

[www.bcrpa.bc.ca/fitness\\_program/registration/fitness\\_specialties/fitness\\_leader.htm](http://www.bcrpa.bc.ca/fitness_program/registration/fitness_specialties/fitness_leader.htm)

## Recreation and Parks

### Active Communities

The initiative mobilizes and collaborates with communities, local governments, First Nations and partner organizations to promote healthy lifestyle choices, increase accessibility to physical activities and build supportive community environments. There are currently over 26 Aboriginal communities registered.

Email: [activecommunities@bcrpa.bc.ca](mailto:activecommunities@bcrpa.bc.ca)

[www.activecommunities.bc.ca/wp/](http://www.activecommunities.bc.ca/wp/)

### Other Active Communities resources:

[www.activecommunities.bc.ca/wp/programs-tools/program-opportunities/other-program/](http://www.activecommunities.bc.ca/wp/programs-tools/program-opportunities/other-program/)

*Active Workplace, Workbooks, Active Aging, Literature review, Active Transportation, Action plan*



**High Five**, Quality assurance for programs aimed at children 6-12. The Aboriginal Supplement can be found at:

[www.bcrpa.bc.ca/recreation\\_parks/recreation/high\\_five/documents/Aboriginal.pdf](http://www.bcrpa.bc.ca/recreation_parks/recreation/high_five/documents/Aboriginal.pdf)

### **Everybody Gets to Play**

[www.bcrpa.bc.ca/recreation\\_parks/everybody\\_gets\\_to\\_play/information\\_overview.htm](http://www.bcrpa.bc.ca/recreation_parks/everybody_gets_to_play/information_overview.htm)  
*economic support*

### **Playground Safety Course**

[www.bcrpa.bc.ca/recreation\\_parks/parks/playground\\_safety.htm](http://www.bcrpa.bc.ca/recreation_parks/parks/playground_safety.htm)

### **Walking Programs**

[www.bcrpa.bc.ca/walking/default.htm](http://www.bcrpa.bc.ca/walking/default.htm)  
*pedometer handbooks*

### **Women in Leadership**

[www.bcrpa.bc.ca/recreation\\_parks/recreation/women\\_leader.htm](http://www.bcrpa.bc.ca/recreation_parks/recreation/women_leader.htm)

### **Youth Workers**

[www.bcrpa.bc.ca/youth/default.htm](http://www.bcrpa.bc.ca/youth/default.htm)

### **Canadian Association for the Advancement of Women and Sport and Physical Activity**

N202 - 801 King Edward Avenue  
Ottawa, ON, Canada K1N 6N5  
Phone: 613-562-5667  
Fax: 613-562-5668

[www.caaws.ca/e/about/contact\\_us.cfm](http://www.caaws.ca/e/about/contact_us.cfm)

### **Mothers in Motion**

[www.caaws.ca/mothersinmotion/home\\_e.html](http://www.caaws.ca/mothersinmotion/home_e.html)

### **Physical Activity for Women aged 55 to 70**

[www.caaws.ca/women55plus/index.cfm](http://www.caaws.ca/women55plus/index.cfm)

### **Active and Free of tobacco**

[www.caaws.ca/activeandfree/e/index.cfm](http://www.caaws.ca/activeandfree/e/index.cfm)

### **Girls at Play**

[www.caaws.ca/girlsatplay/](http://www.caaws.ca/girlsatplay/)

### **Active Strategy**

[www.caaws.ca/active/eng/](http://www.caaws.ca/active/eng/)

### **On the Move**

Email: [snmillar@caaws.ca](mailto:snmillar@caaws.ca)

[www.caaws.ca/onthemove/e/index.htm](http://www.caaws.ca/onthemove/e/index.htm)

### **Canadian Fitness and Lifestyle Research Institute**

201-185 Somerset Street West  
Ottawa, Ontario K2P 0J2  
Contact: Christine Cameron  
Email: [ccameron@cflri.ca](mailto:ccameron@cflri.ca)

[www.cflri.ca/eng/about/structure.php](http://www.cflri.ca/eng/about/structure.php)

### **Canadian Sport For Life, Useful information on Physical Literacy.**

[www.ltad.ca/content/home.asp](http://www.ltad.ca/content/home.asp)

### **The Coaches Association of BC**

#200 - 3820 Cessna Drive  
Richmond, BC V7B 0A2  
Phone: 604-333-3600  
Fax: 604-333-3450  
Email: [info@coaches.bc.ca](mailto:info@coaches.bc.ca)

[www.coaches.bc.ca/about/contactus.html](http://www.coaches.bc.ca/about/contactus.html)

### **Get Active Now® Canada, enabling individuals with disabilities**

213-120 Ottawa Street North  
Kitchener, Ontario N2H 3K5  
Fax: (519) 568-8924

Phone: 1-800-311-9565

Email: [infocanada@getactivenow.ca](mailto:infocanada@getactivenow.ca)  
[canada.getactivenow.ca/who\\_org.asp](http://canada.getactivenow.ca/who_org.asp)

## Health Canada, Summer Active

BC Office

Mr. Robin Shantz, BCRPA Communications

Coordinator

101 – 4664 Lougheed Hwy

Burnaby, BC V5C 5T5

Phone: 604-629-0965 ext. 42

Fax: 604-624-2651

Email: [rshantz@bcrcpa.bc.ca](mailto:rshantz@bcrcpa.bc.ca) or Sharon.

[Meredith@bcrcpa.bc.ca](mailto:Meredith@bcrcpa.bc.ca)

[www.summeractive.ca/en/resources/aboriginal.aspx](http://www.summeractive.ca/en/resources/aboriginal.aspx)

*First Nations, Inuit, and Métis healthy living tips*

## Hearts in Motion™ Walking Club

Heart and Stroke Foundation of BC & Yukon

Toll Free: 1-888-473-4636 ext. 364

Email: [ttang@hsf.bc.ca](mailto:ttang@hsf.bc.ca)

[www.heartandstroke.bc.ca/site/c.kplPKXOyFmG/b.3757991/k.C97D/Hearts\\_in\\_Motion8482\\_Walking\\_Clubs.htm](http://www.heartandstroke.bc.ca/site/c.kplPKXOyFmG/b.3757991/k.C97D/Hearts_in_Motion8482_Walking_Clubs.htm)

[kplPKXOyFmG/b.3757991/k.C97D/Hearts\\_in\\_Motion8482\\_Walking\\_Clubs.htm](http://www.heartandstroke.bc.ca/site/c.kplPKXOyFmG/b.3757991/k.C97D/Hearts_in_Motion8482_Walking_Clubs.htm)

*A program encouraging people to participate in regular physical activity by walking.*

## Healthy Hearts Society

260 - 1401 West 8th Avenue

Vancouver, BC V6H 1C9

Phone: 604-742-1772

Toll Free: 888-742-1772

Fax: 604-742-1773

Email: [cnorth@healthyheart.bc.ca](mailto:cnorth@healthyheart.bc.ca)

*Events, brochures, and promotion*

## Hearts at School

[www.heartbc.ca/heartsatschool.html](http://www.heartbc.ca/heartsatschool.html)

*Video, events, and manual*

## Hearts at Work

[www.heartbc.ca/heartsatwork](http://www.heartbc.ca/heartsatwork)

*Video, events, and manual*

## HeartSmart Fitness Wheel

Heart and Stroke Foundation

Toll Free: 1-888-473-4636

[www.heartandstroke.ca](http://www.heartandstroke.ca)

*Tips to become physically active*

## Kid Sport

Contact: Pete Quevillon

Phone: 604-333-3430

Email: [Pete.Quevillon@sport.bc.ca](mailto:Pete.Quevillon@sport.bc.ca)

[sport.bc.ca/programs/kidSportBC/](http://sport.bc.ca/programs/kidSportBC/)

*Grants for 6-18 years old*

## ProMOTION Plus

227 – 3820 Cessna Drive

Richmond, BC V7B 0A2

Phone: 604-333-3475

Toll Free: 1-877-55-PROMO

Fax: 604-333-3450

Email: [info@promotionplus.org](mailto:info@promotionplus.org)

[www.promotionplus.org/content/home.asp](http://www.promotionplus.org/content/home.asp)

*Programs and Services, Awards, Grants, and Library*



## **Social Planning and Research Council of British Columbia**

201 - 221 East 10th Avenue, Vancouver, BC,  
Canada V5T 4V3

Contact: Jim Sands

Phone: (604) 718-7733

Fax: (604) 736-8697

Email: [jsands@sparc.bc.ca](mailto:jsands@sparc.bc.ca)

[www.sparc.bc.ca/everybodys\\_welcome](http://www.sparc.bc.ca/everybodys_welcome)

*Everybody's Welcome, Understanding Social  
Inclusion*

## **Sports BC**

[www.sport.bc.ca/aboutSportBC/  
membershipInfo/](http://www.sport.bc.ca/aboutSportBC/membershipInfo/)

*64 BC Sport organizations*

## **Sport Med BC**

1325 Keith Road

North Vancouver, BC V7J 1J3

General Enquiries: (604) 903-3880

SportMed RunWalk Clinics: (604) 903-3883

SportMed Safety: (604) 903-3884

SportMed Nutrition: (604) 903-3888

SportMed Performance (604) 903-3881

Toll Free in BC: 1-888-755-3375

Fax: (604) 929-3877

Email: [info@sportmedbc.com](mailto:info@sportmedbc.com)

## **Nordic Walking**

[www.sportmedbc.com/nordicwalk.php](http://www.sportmedbc.com/nordicwalk.php)

## **Run Walk Programs, Honor Your Health Challenge**

[www.sportmedbc.com/hyhChallenge.php](http://www.sportmedbc.com/hyhChallenge.php)





1205–100 Park Royal South, West Vancouver, BC V7T 1A2

Toll-free in BC: 1.866.913.0033 T. 604.913.2080

[www.fnhc.ca](http://www.fnhc.ca)