

Newsletter Deadline Dates For the 2015-2016 Fiscal Year

Submission deadlines are due on the 1st Wednesday of the month and the newsletters are sent out the 3rd Friday of the month

Month	Submissions Deadline	Send-Out Date
June 2015	June 3 rd	June 19 th
August 2015	August 5 th	August 21 st
October 2015	October 7 th	October 16 th
December 2015	December 2 nd	December 18 th
February 2016	February 3 rd	February 19 th
March 2016	March 2 nd	March 18 th

Sample Newsletter

February 2014

NATIONAL ABORIGINAL DIABETES ASSOCIATION

NADA's Mission is to be the driving force in addressing diabetes and Aboriginal people as a priority health issue by working together with people, Aboriginal communities and organizations in a culturally respectful manner in promoting healthy lifestyles among Aboriginal people today and for future generations.

NADA ENVISIONS DIABETES FREE PEOPLE

INSIDE

- From Executive Director
- Find Your Spirit with Urban Poling
- Next Generation Study
- Diabetes Program of Nunavik
- Staying Upbeat
- February is Heart Month
- PA— Answer to Our Challenges

What's new:

NADA continues to work with the Assembly of First Nations (AFN), Inuit Tapiriit Kanatami (ITK) and Healthy Native Communities Partnership (HNCP) to promote the Just Move It (JMI) in Canada. We are developing a comprehensive information package for new program partners.

The goal is to provide clear instructions on how to sign up and become a JMI Partner. The document will also contain useful information on the JMI website and Physical Activity. We are planning to release this resource at the end of February and will share it with you then. Please distribute to fellow community leaders in sport, physical activity and recreation. For more information about JMI, visit www.justmoveit.org.

The NADA website is updated weekly with new resources and information on diabetes prevention and management. Please visit our website often at www.nada.ca/resources/community-resources/ and <http://www.nada.ca/resources/nada-resources/> to access many helpful diabetes resources for yourself and your community. Also, we would like to inform you that our website now contains resources on Food Security. Please visit www.nada.ca/resources/food-security/ for more information.

Last and not least, NADA updated the Diabetes Resources Directory with new provincial and national resources. The new directory will be available in March on our website and will also be emailed to you in April 2014.

In the New Year, we are planning more exciting resources and activities for you. Please read the Executive Director's column on the next page to get a glimpse of what we are doing.