



Indigenous Services
Canada

Services aux
Autochtones Canada



National
Aboriginal
Diabetes
Association

First Nations and Inuit Health Branch
Suite 300 - 391 York Avenue
Winnipeg, Manitoba R3C 4W1

National Aboriginal Diabetes Association
103-90 Garry Street
Winnipeg, MB R3C 4H1

April 10, 2018

Dear *Tribal Diabetes Coordinators* and *Aboriginal Diabetes Initiative Workers*,

The first Friday of May, this year being May 4, 2018, has been proclaimed as "National Aboriginal Diabetes Awareness Day".

First Nations and Inuit Health Branch, along with National Aboriginal Diabetes Association, would like to welcome you to celebrate National Aboriginal Diabetes Awareness Day by coordinating events in your community, or tribal council, that bring awareness to diabetes prevention and management.

Here are some ideas of events that you can do to promote National Aboriginal Diabetes Awareness Day:

- Coordinate a healthy living challenge, encouraging healthy eating, drinking plenty of water and getting enough sleep.
- Coordinate a step challenge. See who can get the most steps in a week.
- Host a healthy cooking class. See the attached document for healthy and easy recipes.
- Host a physical activity event such as a yoga class, dance-off or jump rope contest.
- Host a talking circle inviting individuals to talk about how diabetes affects them.
- Host a community-wide walk followed by a healthy lunch and a presentation. Feel free to use the powerpoint presentation on 'diabetes prevention' included in this package.

For more ideas or help on how to coordinate these events, please contact your Tribal Diabetes Coordinator or Natalie, Brigitte or Jeff. Our contact information is found below.

Sincerely,

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