



Sport for Life WORKSHOPS

Indigenous Communities: Active for Life

The *Indigenous Communities: Active for Life* resource and accompanying full-day workshop were created with guidance from Indigenous leaders throughout the country, with the purpose of inspiring community leaders looking for culturally tailored resources that act as a vehicle toward individual and community holistic development. The resource and workshop 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. Upon completion of the workshop, participants will have:

- Ideas on how to create quality experiences in their sport, physical activity, and recreation programs
- An understanding of physical literacy, which is the development of movement skills, confidence, and motivation to be active for life
- Tools, resources, and action plans to further support their delivery of quality sport and physical activity programs in their community
- Ideas to support their participants' physical, mental, spiritual, and cultural needs
- A certificate of workshop completion and 3 National Coaching Certification Program (NCCP) Professional Development (PD) points (if applicable)

DETAILS

Wednesday, July 17, 2019

9:30am – 5:30pm

Pomeroy Sport Centre, 98234 96 Street, Ft. St. John

Workshop is cost free and lunch is provided

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