

Labrador Regional Wellness Coalition Newsletter



Balance Exercises :

can help you maintain your balance and your confidence. If you are an older adult, balance exercises are especially important because they can help you prevent falls and maintain your independence. Here's a few to try at home.

FLAMINGO STAND



Stand on your left leg with your right leg lifted. Use a chair or wall for support as you stretch your right leg forward. Maintain good posture by keeping your spine, neck, and head in one line. To increase the difficulty, extend your left hand to reach for your right foot. Hold for up to 15 seconds. Then do the opposite side. Do 10 to 15 sets.

SIDE STEPPING



From a standing position, step sideways to the left side of the room. Lift your knees as high as you can while moving as though you're stepping over something. Then return to the right side of the room (15 to 20 steps each way).

HEEL - TOE WALKING



Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot. Moving with control, move your left foot in front of your right, putting your weight on your heel. Then, shift your weight to your toes. Repeat the step with your left foot. Walk this way for 15 to 20 steps.

LRWC is proud to have supported Sexual Health Information Exchange Labrador District



Shield is a 3 year youth led and adult supported project that seeks to:

- 1) Build the capacity of youth age 14- 18 from central / coastal Labrador communities by increasing their leadership skills, self worth, holistic well being and knowledge of healthy relationships, sexual health, and effective sexually transmitted / blood borne infections (STBBI) interventions and prevention methods using art, culture, and technology (ACT).
- 2) Work collaboratively with youth, artists, and service providers to implement youth led (adult supported) ACT Peer leadership initiatives in Nunatsiavut and NunatuKavut coastal communities that will increase the uptake of personal behaviors that prevent the transmission of HIV, Hep C, and other STBBIs using an indigenous healing based lens that encourages positive self-worth and growth using ACT.
- 3) Develop an ACT peer leadership program model that can be shared with relevant stakeholders to increase health and well being of youth in rural and remote communities, especially in reference to sexual health, STBBIs, healthy relationships, and positive self growth.
- 4) Increase access to holistic health and social services for Labradorians, especially youth, through an art-based and culturally relevant website that is youth driven and includes project creations, current resources regarding sexual health, STBBIs, healthy relationships, and positive self-growth.

This past year SHEILD has held various youth events including Art Slams, Jam Sessions, and a Sexual Health Summit.

For more information visit www.lfcshieldproject.ca or call Denise Cole at # 709-896-8302.



Jan 2020 Grant Recipients

**Menihek Nordic Ski Club - A day on Skis
CNA Labrador West Campus Student Council**

Maple-Sweetened Banana Muffins



1/3 cup extra virgin olive oil
2 eggs
3 - 4 ripe mashed bananas
1 teaspoon vanilla extract
1/2 teaspoon cinnamon
1/3 cup old fashioned oats

1/2 cup maple syrup or honey
1/4 cup milk or water
1 teaspoon baking soda
1/2 teaspoon of salt
1 & 3/4 cups whole wheat flour

- 1) Preheat the oven to 325 degrees Fahrenheit. Grease muffin tins.
- 2) In large bowl, beat oil and maple syrup together with a whisk.
- 3) Add eggs and beat well.
- 4) Mix in mashed bananas and milk, followed by baking soda, vanilla, salt and cinnamon.
- 5) Add flour and oats, and mix well
- 6) Divide batter into muffin tins.
- 7) Bake for 22- 25 minutes.

Muffins will keep in fridge up to 4 days. In freezer up to 3 months.

**WE WANT TO
HEAR FROM
YOU!**

Newsletter committee:
Elsie Russell
Stephanie Almon
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- **Have a project, event or wellness information you would like to share?**
- **Looking for resources to support Wellness in your group or community?**

Let us know.

All emails can be sent to :stephanie.almon@lghealth.ca
or

Stephanie @ # 709-897-3150.

