

Labrador Regional
Wellness Coalition

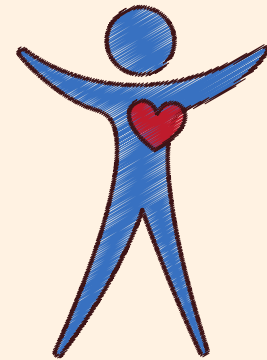
Labrador Regional Wellness Coalition Newsletter

About Us

Our Vision: The bringing together of communities and individuals to create a healthier Labrador: mentally, physically, spiritually and emotionally.

Our Mission: To empower and support community members so that they can create opportunities to foster healthier lifestyles in their communities.

Our Purpose: To promote health and well being to individuals and groups throughout Labrador.

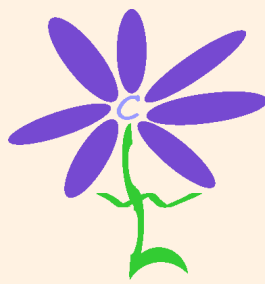


Grant Deadlines

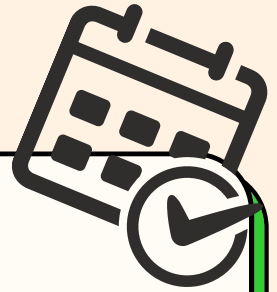
Deadlines for the grant applications are:
April 1st, July 1st, October 1st,
& January 1st of each year.

For more information please
check our website at
<http://www.lrwc.ca/home/community-grants.htm>





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Successful Grant Applications 2021-2022

Evening Sports Recreation - Tshitshitua Shushep Church

Spending Time in Nature - Goose Bay Military Family Resource Centre Inc.

Mental Wellness Week - Menihek High School

Iron City Duathlon - Meniheck Nordic Ski Club

Wellness Awareness - J.R Smallwood Middle School

Embracing Diversity - Labrador Strait Academy

Crafters Open House- Labrador Artisans CO-OP

Monthly Mindful Mondays-Labrador Straits Academy

Healthy Food- Amos Comenius Memorial School

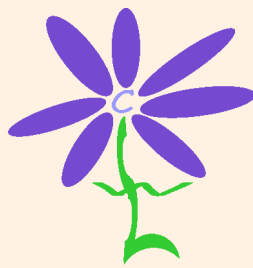
Healthy Students-Healthy Schools-Healthy Communities-Lake Melville School

Happy Minds- Queen of Peace Middle School

Social & Emotional Learning Hour-Mealy Mountain Collegiate

The Great Labrador Loppet'-Menihek Nordic Ski Club





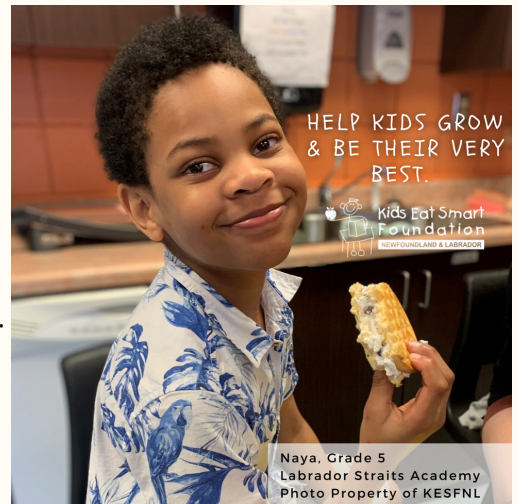
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Kids Eat Smart Foundation Newfoundland and Labrador

Providing access to food at school at no cost to families

Breakfast is the most important meal of the day and at Kids Eat Smart Foundation Newfoundland and Labrador our goal is to provide children with the nutrition they need to learn, to grow, and to be their very best.

Research shows there is a direct correlation between good eating and a child's ability to concentrate and learn. Principals tell us that many children depend upon their KES Club for breakfast each day and their performance in school is negatively impacted when there is no breakfast at school.

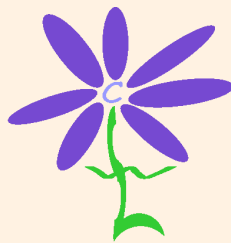


Every school day we serve over 38,000 healthy meals to school age children and youth in Newfoundland and Labrador. It is through the generosity of our partners and donors that we are able to provide funding and equipment to support our 269 Kids Eat Smart Clubs throughout the province to ensure access to food at school, at no cost to families. Every Breakfast. Every Child. Every School Day...for Every Child's Future.

To learn more about **Kids Eat Smart Foundation Newfoundland and Labrador**, or to make a donation visit www.kidseatsmart.ca or call **1-877-722-1996**.



@KidsEatSmartNL



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Community Event Happening NOW!

RECREATION DEPARTMENT WALKING GROUP



Come Join Us in walking at the Jeremias Sillitt Community Centre Gym.

Bring a family member, friend or just simply come by yourself!

When: Monday-Friday

Start Date: March 10-June 2022

Place: Jeremias Sillitt Community Centre

Time: 12 Noon

Just drop by for a walk with Family or friends

*weekly Door Prize Draw- Grocery Voucher \$50

*Come & Walk for a chance to own an Apple Watch 7, Prize draws for Grocery HAMPERS, Gift Certificates at the end of the program. All Ages Welcome!







*More times you come to walk = more chances to win Prizes

*Find Out how far you walked at the end of the Program

* 16 Laps around Gym =1 KM

Did You know that walking is one of the easiest ways to stay active and ensure good health? Walking with a group is better!

Benefits of Walking:

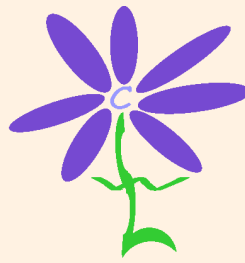
-  Make New Friends
-  Improve Your Mood
-  Walk at Your Own Pace
-  Increase Your Physical Activity
-  Improve Health which includes Blood Pressure, heart rate, Depression and Overall Fitness
-  Increase Motivation



For More Information, please contact Recreation Director Lisalvany at 922-2691



A great opportunity to add more activity to your routine this spring!



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Role Model Search

Do you know a male in your community who you feel is a positive role model?

Nunatsiavuts Sexual Violence Prevention and Outreach Counsellor is looking for nominations for males ages 12 years old and up to be part of a poster campaign to represent the roles they play in creating healthy communities!



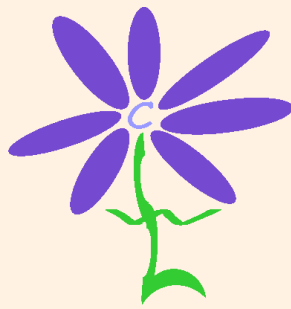
One person will be chosen from each of the Nunatsiavut communities to be represented on a poster.

The chosen nominee from each community will receive an honorarium for their time



To enter your nomination please email julia.obrien@nunatsiavut.com

Please provide the persons name, age, community and contact information.



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Sights of Labrador & Community Events

If you have photos of Labrador's beauty or wellness events happening in your community that you would like displayed in the LRWC Newsletter please email them to:

info@lrwc.ca

Contact Us

If you are interested in learning more about the coalition or becoming a member please visit our website @

<http://www.lrwc.ca/home/>

or email us @

info@lrwc.ca