

New Brunswick Wellness Week October 1-7

Ideas for Communities, Organizations and Groups

**Planning something new for Wellness Week?
Here are some ideas to help you get started!**

*Remember to register your event in the
Wellness Event Calendar at wellnessnb.ca.*

Through your activities, we encourage you to think about how you can create an environment that fosters Mental Fitness in your community, organization or group. Ask yourselves if the activity encourages:

- *Recognizing and using skills and strengths (competence)*
- *Choices and the ability to make decisions (autonomy)*
- *Feeling connected to the community, organization or group (relatedness)*

For the following suggestions, the needs satisfied by the activity are indicated in brackets.

- **Pot Luck or 100 Mile Dinner:** host a pot luck dinner emphasizing local, healthy food choices. Or host a '100 mile dinner' where the entire menu is based on foods grown or produced within '100 miles'. Include games and activities for all ages to participate in. Have a community food tasting – travel to local restaurants & stores for local food tasting! (relatedness)
- **Community Food Activity:** Offer healthy food as participant gift bags – give small bags of fresh veggies or fruit to participants at community events – Madawaska Wellness Network. Create a workplace or organization cookbook of healthy recipes.
- **Mayor's Wellness Challenge:** challenge neighbouring communities to a 'World Record Wellness Challenge' such as who can have the most people using alternative transportation (walking, biking, canoeing, kayaking) to reach a central location at a specific time or which community could work together to build (and share) the biggest tossed salad. (relatedness)

- **Volunteer Fair:** organize and host a volunteer fair to celebrate community volunteerism and to share how everyone has the opportunity to make a positive contribution to their community through volunteering. Partner with community organizations. It provides them an opportunity to connect with citizens of all ages, share what they do and demonstrate how volunteers can contribute to the positive impact that the organization has in the community. (competence, autonomy and relatedness)
- **Scavenger Hunt:** organize a scavenger hunt. Encourage families or friends to join up with a senior to participate. Make the scavenger hunt a series of questions about your community (with the cooperation of businesses and organizations) and encourage active transportation as community members trek around the community looking for responses to the clues. Examples of questions could be: What organization works out of 112 Main Street? What is the biggest selling type of apple at XYZ grocers on Second Street? (competence and relatedness)
- **Wellness Dialogue:** host an open dialogue to enable members of your community, organization or group to discuss wellness issues specific to them, identify assets, and generate ideas on how to address areas of need. Host a wellness luncheon series highlighting local wellness champions & experts (competence, autonomy and relatedness)
- **Multicultural Wellness Festival:** host a festival to celebrate the many cultures that are part of your community, organization or group. Provide opportunities to participate in games from cultures around the world or traditional aboriginal activities. Offer a multicultural taste testing of foods and beverages. Connect with your local Multicultural Association or First Nations community. (relatedness)
- **Media Wellness Challenge:** develop a media challenge, where local media outlets compete against each other or community members in a fun contest connected to wellness (e.g. an obstacle course where they run the bases at a field, chop vegetables, fill in a crossword puzzle etc.). To generate lots of interest and participation, the challenge needs to be out of the ordinary and unique. Encourage media to share success stories daily – like wellness tips of the day! (competence and relatedness)

Note: When planning your activities consider ways to reach out to groups and individuals who may not typically participate in community events. Include youth and persons with disabilities. Invite groups and organizations who provide important support services such as anti-poverty, food banks and seniors organizations. Think about those individuals who may feel isolated or who may be new to your community.

For all events, ensure there is a tobacco-free environment (unless it is a part of traditional First Nation ceremonies) so all can enjoy their wellness experience!