

GET YOUR COMMUNITY ON BOARD FOR NEW BRUNSWICK WELLNESS WEEK OCTOBER 1-7



Is your community, group or organization interested in planning something for Wellness Week, but need some ideas? Here are some suggestions to inspire you!

Potluck or 100-Mile Dinner

Host a potluck 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 and stores for local food tasting! To help you plan your activity, check out www.buylocalnb.ca.

Community Food Activity

Offer healthy food gift bags, such as small bags of fresh veggies or fruit, to participants at community events. 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 can work together to build (and share) the biggest tossed salad.

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 his or her community through volunteering. Partner with community organizations and have them share what they do, and demonstrate how volunteers can contribute to the positive impact that the organization has in the community.

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.

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 best use these assets to move your ideas forward. Host a wellness luncheon series highlighting local wellness champions and experts.

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 in traditional Aboriginal activities. Offer a multicultural taste testing of foods and beverages, and connect with your local Multicultural Association or First Nations community.

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. 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!

Open House Day

Organize an open house event offering the public an opportunity to come try a new sport/activity for free or at a reduced price. Consider approaching your municipality's Recreation and Leisure Services Department for partnership.

When planning community activities, consider ways to reach out to groups and individuals who may not typically participate in these kinds of events, such as youth, seniors, persons with disabilities or new members of your community. The Mouvement Acadien des Communautés en Santé du N.-B. has created a tool on social inclusion. Check it out at www.macsnb.ca. For all events, ensure there is a tobacco-free environment (unless it is a part of traditional First Nation's ceremonies) so all can enjoy their wellness experience! The NB Anti-Tobacco Coalition has created a whole set of tools to help you organize a smoke-free event, including signage. These tools are available at www.nbatc.ca.



If you need more guidance or support for your Wellness initiative, connect with your **Regional Wellness Consultant**. Contact information can be found at <http://www.wellnessnb.ca/resources/regional-wellness-consultants/>

And don't forget to register your event in the **Wellness Events Calendar** at <http://calendar.wellnessnb.ca/> to get more people in your community out to your event and so that everyone knows about what your group is doing to enhance wellness!