



Honouring Our Health

active healthy strong free from tobacco misuse

PROVINCIAL TRAINING EVENT – October 20-23, 2008

2009 Honour Your Health Challenge Coast Plaza Hotel and Suites, 1763 Comox Street, Vancouver, BC

Train to be an Honour Your Health Challenge Coordinator and lead your **Aboriginal community, group or students** in the upcoming 2009 Honour Your Health Challenge.

Sun Run InTraining Program
grants • prizes • incentives

What is the Honour Your Health Challenge?

A *minimum* 6-week Health Challenge beginning January 2009 featuring prizes and grant opportunities. The HYHC encourages individuals and communities to promote:

- healthy eating;
- increased physical activity;
- decreased tobacco misuse;
- healthy pregnancies.

Who should attend the training?

If you are an employee or volunteer with a special interest in promoting health and wellness, then this training event is for you.

October 20, 2008 – If you have never attended our October training event before, this first day of training will provide you with:

- an orientation to the Honour Your Health Challenge.
- some general program ideas and resource lists to help you with planning your Challenge.

October 21 – 23, 2008 – Once you have completed your *mandatory first day of training* OR if you have already been to one of our training sessions in the past, these 2-1/2 days of training will provide more opportunities for learning, sharing and skill building in areas of special interest to you.

Confirmed presenters this year include:

- Active Communities!
- Action Schools! BC
- SportMedBC

Register now – it's free!

There is no cost for the training. Complete the attached registration form and fax to (250) 483-5935.

Sponsorship for travel and accommodation is available!

Each community or organization may register more than one participant. **However**, we are able to provide reimbursement for travel expenses and hotel accommodation for **one person per organization** only. We encourage sharing travel expenses if more than one person per organization will be attending.

Questions? Contact:

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