

For Immediate Release

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Métis Nation of Greater Victoria Hosts First Métis Wellness Day Event

The Métis Nation of Greater Victoria will host its first Métis Wellness Day for the Métis people and friends of the Métis in Greater Victoria. The Métis Wellness Day will be on January 23rd from 10 am – 5:30 pm at St. Aiden’s Church (3703 St. Aiden’s St.). A Community Potluck Dinner will follow the Wellness Day from 5:30 – 8:30 pm.

The Métis Wellness Day will include workshops throughout the day on issues such as “Healthy Choices for Well-Being: Breast and Cervical Health”, “Mental Health & Addictions”, “Baby’s Own Bed”, “You and Your Medications”, Food & Vitamin D for You and Your Family”. Community services and businesses with a health and wellness focus will also have display tables and interactive activities. There will be an Elders Tea from 1 – 3 pm and a health and depression screening clinic throughout the day. The Métis Wellness Day is open to everyone and promises to be informative, community minded and fun with prizes and snacks. This will be a wonderful opportunity to learn more about the Metis culture and people in Greater Victoria. This day will have something for the whole family, don’t miss out!

Métis People are the fastest growing Aboriginal population in Canada (Stats Canada).

Yet, Métis are the invisible Aboriginal people in Canada as there is a lack of recognition and little statistic information specifically on Métis people. With lack of recognition and understanding about Métis People this generally means little funding addressing Métis Peoples’ health inequalities. Métis people are a distinct Aboriginal cultural group with their own language (Michif), art work, cultural spiritual practices, music and dance. The Métis People developed from the intermarriages of French, Scottish and English explorers to North America and the Indigenous people of Canada (usually Cree women).

The Métis Nation of Greater Victoria Métis Wellness Day will provide a specific opportunity for Métis people and friends of the Métis to gather and meet health and wellness service providers. Métis people usually have the same disproportionate health inequities as First Nations’ People. This Métis Nation of Greater Victoria along with key partners such as the Métis Nation British Columbia, BC Cancer Agency, Canadian Cancer Agency, Vancouver Island Health Authority, and Métis Women of British Columbia will begin bridging some of these gaps at this Métis Wellness Day.

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