



I-SPARC
Move | Play | Compete

Indigenous Sport,
Physical Activity &
Recreation Council



MOVE PLAY COMPETE

Annual Report 2022 | 23



16,032 PROGRAM PARTICIPANTS

**ENHANCING THE WAYS IN WHICH SPORT,
PHYSICAL ACTIVITY, RECREATION,
AND HEALTHY LIVING PROGRAMS ARE
DESIGNED AND DELIVERED WITHIN**

INDIGENOUS COMMUNITIES

SOARING SUCCESS, SOLID FOUNDATION



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FOLLOWING TWO YEARS OF MODIFIED PROGRAM DELIVERY, IN 2022/23 I-SPARC MADE A TRIUMPHANT RETURN TO FULL PROGRAM IMPLEMENTATION. THIS RETURN SUPPORTED COMMUNITY ENGAGEMENT IN PHYSICAL ACTIVITY, ACHIEVING UNPRECEDENTED HEIGHTS IN PROGRAM DELIVERY.

Since its inception in 2011, expanding its reach has been central to I-SPARC's mission. In 2022/23, there was a growth from 11 to 17 programs as guided by the core priorities set out in the Indigenous Sport, Physical Activity and Recreation Strategy (BC). With unwavering commitment, I-SPARC continues to innovate to meet the health and wellness priorities of Indigenous communities.

As communities gradually resumed in-person activities, I-SPARC recognized the importance of offering a combination of in-person and online program delivery options. In 2022/23 through sport development camps, provincial championships, coach and leader training, healthy living programs, and online workshops, I-SPARC facilitated 498 events that reached 15,988 participants throughout the province. Highlights of the expanded scope of I-SPARC's program delivery included the launch of the RISE grant program, the integration of the Food Systems Program, the launch of the In School Support program, and the creation of the Education and Engagement Series. I-SPARC continues to be recognized as a trusted partner as it forges new relationships and strengthens existing ones.

Through collaborative efforts and culturally grounded initiatives, I-SPARC aims to transform lives and create lasting change. I-SPARC's primary focus lies in empowering and celebrating the expertise that exists within communities, recognizing that growing expertise as a critical component of I-SPARC's success. This year, I-SPARC trained 792 community leaders, coaches, officials, and facilitators, which represents a 13% increase from 2021/22. Investing in program sustainability is rooted in the mentorship of community champions, supported by sharing circles, community-driven resources, direct access to subject matter experts, and online development opportunities.

As I-SPARC soared in program delivery, special attention was dedicated to its organizational capacity. In 2022/23, six new positions were added to I-SPARC's team to support its expanded scope of programming.

RE-SOAR





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I HAVE A STUDENT WHO DID NOT LIKE TO BE ACTIVE. HE DIDN'T FEEL ATHLETIC AND WAS EMBARRASSED ABOUT PLAYING SPORTS OR GAMES IN FRONT OF OTHERS. I REMINDED HIM EVERY WEEK THAT YOU DON'T HAVE TO BE ATHLETIC TO BE PHYSICALLY ACTIVE, AND THAT IT'S ALL ABOUT MOVING AND HAVING FUN. HE LOVES PLAYING SOME OF OUR TRADITIONAL GAMES NOW AND IS FAR MORE ACTIVE IN HIS DAILY ROUTINE.

- HYHC LEADER

RE-GROWTH

“

THE SUPPORT FROM THE I-SPARC STAFF HAS FILLED MY CUP. THEY HAVE TRULY INSPIRED ME TO MAKE SELF-CARE A PRIORITY TO FILL MY EMOTIONAL CUP. THE SENSE OF FAMILY COMES TO MIND DURING THESE PAST FEW DAYS.

- HEALTHY LIVING LEADER AFTER ATTENDING RTS

HEALTHY LIVING

EMPOWERING INDIGENOUS INDIVIDUALS AND COMMUNITIES TO LEAD HEALTHY, ACTIVE LIVES.

Healthy living programs are designed to build capacity within communities and equip leaders with the tools and knowledge they need to plan and deliver unique community-based projects that promote healthy living. Healthy living programs empower community members to take ownership of their health and actively contribute to the betterment of their communities. This year, 299 programs were delivered, involving 4,979 participants.

FOOD SYSTEMS PROGRAM

In its inaugural year under I-SPARC leadership, the Food Systems Program (FSP) achieved remarkable success. To support communities in attaining their food security and food sovereignty goals, the FSP distributed 64 community grants, amounting to \$320,000. Examples of supported projects included community gardens, livestock systems, aquaculture, aquaponics or hydroponics, educational programs related to food, food preservation initiatives, and small-scale infrastructure projects to enhance food-related work.

In addition to grants, the FSP creates opportunities for in-person gatherings to support capacity building, technical training, networking, and cultural sharing. The 2023 FSP Provincial Gathering brought together 43 individuals representing 40 Nations and organizations. The gathering featured workshops and presentations centered around Indigenous foods, Indigenous medicines, technical garden-based workshops, food preservation, and discussions on innovation and sustainability in food-related initiatives.

Community input has set the stage for the future of the FSP with plans to expand its reach, focus on regional events, and provide opportunities for virtual learning. By embracing the importance of traditional food practices and empowering communities to reclaim their food systems, FSP plays a vital role in fostering food sovereignty.



INDIGENOUS SPORT, PHYSICAL ACTIVITY AND RECREATION STRATEGY (BC)

I-SPARC's Provincial Strategy, organized and supported by Four Pillars – Healthy Living, Sport, Engagement, and Sustainability, provides a long-term road map for responsive and enduring programs that have a transformative impact on the health and well-being of Indigenous individuals, families, and communities throughout BC.

A HOLISTIC VISION OF WELLNESS

The Strategy is based on a holistic approach to health and wellness, a common thread across our diverse cultures, and acknowledges the interconnectedness of the physical, mental (intellectual and emotional), cultural, and spiritual facets of life.

REGATHER

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WE HAD MULTIPLE FAMILIES WHO NOT ONLY INCREASED THEIR PHYSICAL ACTIVITY BUT ALSO SPENT TIME TOGETHER HAVING FUN. ONE YOUTH WHO STRUGGLES WITH HIS WEIGHT REALLY ENJOYED DOING THE PROGRAM WITH HIS FAMILY AND SAID IT HAS MADE A HUGE DIFFERENCE IN HIS LIFE. HE PLANS ON CONTINUING TO STAY ACTIVE AND DO HIS BEST TO BE HEALTHIER.

- IRWW LEADER

IN-SCHOOL SUPPORT PROGRAM

The Schools Physical Activity and Physical Literacy Program (SPA-PL) focuses on empowering BC educators to provide physical activity and physical literacy opportunities at school as a way of improving student's physical and mental wellness. A critical component of SPA-PL is the In School Support program (ISS). There is a persistent shortage of physical activity educators across the province, and this gap is particularly evident in Indigenous schools. The ISS program equips educators with the tools and training to provide physical activity classes and lesson plans. In 2022/23, 14 programs were delivered, training 101 educators. For each school, I-SPARC's Master Physical Literacy Facilitator and facilitator trainee provided 1 week of in-person training, working with educators to build a physical activity curriculum for their students. Educators completed the ISS program feeling confident in their planned activities, with access to ongoing mentorship and the support of numerous print and online resources. To date, 1,100 Linking Indigenous Cultural Sports and Activities to Physical Literacy card sets and 3,000 Métis Jigging folders have been distributed, and 1,427 educators have subscribed to the PlayBuilder activity database. The demand for the ISS program continues to grow with seven schools already signed up for 2023/24 school year.

REGIONAL LEADER TRAINING

The cornerstone of I-SPARC's Healthy Living programs is the Regional Leader Training Sessions (RTS). Every fall, I-SPARC delivers a series of five RTS, held across the province, which provide the opportunity for community champions to train in either the Indigenous RunWalkWheel or Honour Your Health Challenge program. Each trained leader is equipped with the tools and resources to deliver their own community program, supported in the areas of physical activity, healthy eating, mental wellness, respecting tobacco, healthy communities, and cultural celebration. In 2022/23 the RTS returned to in-person delivery after two years of online sessions and were met with an overwhelmingly positive response from community with 94% of leaders saying that Regional Leader Training helped them face their job/role with renewed enthusiasm after difficult years on the pandemic front lines. A total of 261 leaders were trained.



2022/23 IN SCHOOL SUPPORT SCHOOLS

- *SenPokChin*
- *Penalakut*
- *Haisla*
- *Sk'elep School Of Excellence*
- *Squiala Elementary School*
- *Stz'uminus*
- *Wagalus*
- *Tsielel Waututh*
- *Gwa'sala*
- *K'ak'ot'tats'i*
- *Britannia*
- *Xetólacw*
- *Sk'il' Mountain*
- *Stein Valley*

RE-JUVENATE

HONOUR YOUR HEALTH CHALLENGE

Community members are in the best position to understand the needs of their communities. The Honour Your Health Challenge (HYHC) program empowers leaders to create unique community programs tailored to their participants needs. The HYHC program continues to be the most popular under the healthy living umbrella, training 159 leaders in 2022/23, delivering 100 programs to 3,410 participants. Programs ranged from tracking kilometers to complete the Nuxalk-Carrier Grease Trail, to numerous traditional activities including plant harvesting, drum making, ribbon shirt and skirt-making and many more. Many programs incorporated a mixture of land-based physical activities, cultural activities, and healthy eating initiatives all within their 8-week timeline.

FITNATION

The FitNation program is designed to reduce barriers to physical activity, providing a template for exercise programs that are scalable to any size group, require no equipment, and are adaptable for all abilities. FitNation embraces a holistic approach, expanding beyond the physical to honour the mental and cultural components of wellness through the use of language, opening and closing circles, Elder support, and land-based activities. In 2022/23, I-SPARC continued to increase the accessibility of the FitNation program by enhancing leader training and program resources to include wheelchair exercises. Demand for the FitNation program continues to grow – in community, online, and for large events. This year 30 leaders were trained, impacting 233 participants across the province.

WARRIORS OF WELLNESS

The Warriors of Wellness (WOW) program offers an online school-to-school challenge that monitors students' healthy living habits over six key indicators: physical activity, nutrition, screen time, sleep, hydration, and mental wellness. This year, 25 schools participated in the two challenges, involving 424 students. To further support teachers, I-SPARC created a short instructional video for the program as an additional resource.



INDIGENOUS RUN/WALK/WHEEL

The Indigenous RunWalkWheel (IRWW) program supports leaders to deliver an 8-13 week program, that prepares community members to walk, run, or wheel in a 5k or 10k event. In 2022/23, 102 IRWW leaders were trained, delivering 62 programs, impacting 733 participants across the province. Into its 16th year of delivery, the program continues to evolve. This year, the program expanded its wheelchair teachings to ensure that it was accessible to a wider range of abilities. The IRWW program actively supports participation in major events, making it one of the largest groups represented in the Vancouver Sun Run and drawing the involvement of over 400 participants in the Tears to Hope Relay.

HEALTHBEAT

After three years of canceled screenings due to the pandemic, HealthBeat returned to a warm and enthusiastic welcome from communities. The HealthBeat screenings offer participants the opportunity to learn about their physical health, with a focus on the risks of heart disease and diabetes, and to experience the positive medicinal benefits of regular physical activity. Equipped with new resources and an online training program, HealthBeat screened 136 participants across the province, visiting seven new communities. To build capacity, I-SPARC trains communities to deliver the HealthBeat program independently; in 2022/23 two previously trained communities conducted their own screenings.



RE-INSPIRE

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I'M SO GRATEFUL I GOT TO TRY A NEW SPORT. I DIDN'T THINK I WAS GOING TO BE GOOD AT IT BUT I GAINED CONFIDENCE OVER TIME AND NOW I CAN SEE MYSELF COMING BACK AND TRYING TO GET BETTER AND BETTER.

- SPORT CAMP PARTICIPANT



SPORT

PROMOTING COMMUNITY-BASED SPORT DEVELOPMENT AS A PATHWAY TO PERFORMANCE SPORT OPPORTUNITIES AND BECOMING ACTIVE FOR LIFE.

As I-SPARC supported communities in their transition back to the field of play, the sport division focused on a return to in-person initiatives while forging new partnerships to raise the profile of Indigenous sport. A wide range of sport development camps, coach clinics, leadership workshops, and provincial championships were successfully delivered throughout the province, actively engaging 7,342 participants across a total of 206 events.

ULTIMATE FRISBEE & ILTPD

The Indigenous Long Term Participant Development Pathway (ILTPD) draws attention to the distinct needs of Indigenous participants as they navigate the transition between Indigenous and mainstream sport. To help facilitate this transition, I-SPARC works with Provincial Sport Organizations (PSOs) to help them gain an understanding and appreciation for these unique needs.

BC Ultimate completed the two-day ILTPD workshop in early 2022 and continued its collaborations with I-SPARC to implement the co-developed curriculum for their Community Ultimate Spirit Program (CUSP). CUSP is a comprehensive, multi-week school-based program that introduces youth to the world of Ultimate Spirit, while emphasizing the importance of community connections and the holistic well-being of participants. It recognizes and honours the interplay between physical, mental, spiritual, and cultural aspects, fostering holistic growth and facilitating the development of social and emotional learning.

Throughout 2022/23, BC Ultimate delivered the CUSP program to over 200 youth participants at five Indigenous schools/communities: W̱SÁNEĆ, Stz'uminus, Stein Valley Nlakapamux, Xetolacw, and Lílwat Nation.



VANCOUVER BANDITS

I-SPARC forged a new partnership with Vancouver Bandits Basketball (Canadian Elite Basketball League), to support their vision of hosting an Indigenous Collective as part of their Basketball Festival. The result was the delivery of a skills combine and 3-on-3 tournament, providing further opportunities for Indigenous youth to engage with sport at an elite level.

ACTIVE FOR LIFE

The significance of physical literacy is receiving increasing recognition as a crucial element within sport, recreation, health, and education. Fostering physical literacy in children empowers them to stay active for life, reaping the numerous benefits that come with a lifelong commitment to physical activity.



This year, I-SPARC supported the return of in-person delivery of the Indigenous Communities: Active for Life workshops, with a special focus on training and mentoring 9 new facilitators. I-SPARC also continued to promote and deliver the Physical Literacy 101 virtual workshop, which provides an Indigenous perspective to physical literacy, that successfully reached 117 participants.



photo - Elia Lockhart

BC LIONS PARTNERSHIP

This year, I-SPARC deepened its partnership with the BC Lions Football Club, as the CFL team continued to demonstrate its commitment to Truth and Reconciliation and the desire to build positive relationships with Indigenous communities. This partnership provides a unique opportunity for Indigenous youth to be introduced to the sport of flag football and engage with professional athletes.

The BC Lions Indigenous Youth Program was delivered over a five-week period and involved approximately 80 Indigenous youth participants from four communities who acquired the skills and fundamentals of flag football from current BC Lions players. Program participants learned the importance of teamwork, sportsmanship, and leadership, engaged with positive role models, enjoyed an end-of-season tournament, and a game-day experience at a BC Lions home game. This program exemplifies the transformative power of sport in the lives of Indigenous youth.

COMMUNITY SPORT DEVELOPMENT

Community sport is at the core of I-SPARC’s sport initiatives, providing sport development opportunities that are driven by the individual needs and priorities of communities. In line with the commitment to community-driven programming, I-SPARC successfully delivered 131 youth sport development camps to 7,313 participants.

The value of mentoring the next generation of Indigenous coaches is deeply rooted in I-SPARC’s work. Throughout the six regions, 38 coach development courses were hosted, with a total of 488 participants. Additionally, two coaches were selected for the North American Indigenous Games coach apprenticeship program in the sports of Softball and Basketball.

REGIONAL ENGAGEMENT

All of I-SPARC’s initiatives are driven by community. Our annual Regional Engagement Meetings (REMs) are an expression of the commitment to provide communities with the opportunity to have direct input into programming. For the first time in two years, the REMs were held in-person, in five regions*, involving 167 community members and stakeholders. The REMs provide a platform to learn from the wealth of knowledge held in each region, both for I-SPARC and for partner organizations. This year, the REMs supported the Aboriginal Sport Circle’s national engagement process towards the creation of a National Strategy for Indigenous Sport, Physical Activity, Recreation and Traditional Practices.

*Fraser and Vancouver Coastal combined REMs this year due to winter storm postponements.

PERFORMANCE SPORT

I-SPARC has remained steadfast in its commitment to foster performance-based opportunities for Indigenous athletes and coaches. Through the delivery of BC Indigenous Provincial Athlete Development Camps and Team BC programs, I-SPARC continues to provide a foundation for participants to enhance their development and follow a competitive, performance-based pathway. Guided by its Provincial Sport Committees, I-SPARC actively works towards strengthening relationships with the mainstream sport system to support collaborations with host communities and sport stakeholders.

The National Aboriginal Hockey Championships returned in May of 2022 after two years of cancellations. The Team BC Provincial Selection Camp attracted 142 participants, surpassing pre-COVID participation numbers. The 2022 Championships were hosted in Membertou, Nova Scotia, with BC represented by a U18 female team and a U18 male team, each comprising 20 players selected through the Provincial Camp and led by five volunteer coaching staff. Both teams placed, bringing home two bronze medals for Team BC. The 2022 NAHC marked the seventh consecutive year that BC’s male team has medaled at the Championships.

RE-ENERGIZE



**BC INDIGENOUS
PROVINCIAL CAMPS
SUPPORTING TEAM BC
PATHWAY TO 2023
NORTH AMERICAN
INDIGENOUS GAMES**



SAFESPORT

In 2022/23 I-SPARC prioritized the development of SafeSport measures to ensure the safety and well-being of our participants. We have taken steps to enhance and align our policies with industry best practices. Key initiatives include:

- 1. Updated Team BC Code of Conduct: We conducted a comprehensive review of our Team BC Code of Conduct, incorporating SafeSport principles and guidelines to better ensure a safe and positive environment for participants.*
- 2. Audit of Current Practices: Continuing to audit our current practices to align them with the Responsible Coaching Movement.*
- 3. Promotion of SafeSport training modules: We actively promoted e-modules to our network of coaches and leaders and with I-SPARC's support, 70 individuals completed the Respect in Sport certification.*

These initiatives demonstrate our unwavering commitment to participant safety. By integrating SafeSport principles into our policies and practices, we promote a culture of respect, inclusivity, and excellence.

As the Halifax 2023 North American Indigenous Games (NAIG) approached, the 2022/23 BC Indigenous Provincial Championships & Athlete Development Camps, hosted in partnership with Indigenous communities and provincial or local sport organizations, served as the pathway for athlete and coach selection and talent identification processes for Team BC.

A total of 21 events were hosted, drawing over 1,140 Indigenous athletes and coaches, and showcasing an impressive gender balance, with 49.7% female and 50.3% male representation. The events provided an exciting opportunity for Indigenous athletes and coaches from First Nations, Métis Chartered Communities and Aboriginal Friendship Centres throughout the province to gather and compete in events that promote sport excellence while celebrating cultural unity and pride.

NAIG is a volunteer-driven event, with the journey to Halifax 2023 made possible by over 100 volunteers coming together to support Team BC and help defend its Overall Team Titles from the 2014 and 2017 NAIG.

REDELIVER

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ABRAHAM HAS NOT BEEN ABLE TO PARTICIPATE IN SKI LESSONS, DUE TO HIS DISABILITY. I DO NOT SKI SO COULD NOT TEACH HIM (OR AFFORD IT). WITH THIS FUNDING HE WAS ABLE TO HAVE 1-1 LESSONS AND HAS LEARNED TO SKI. HE HAS FOUND HIS PASSION AND I CAN FEEL HIS HEART SMILING AT THE END OF THE DAY.

- RISE GRANT RECIPIENT

GRANTS

I-SPARC'S GRANT INITIATIVES ARE ESSENTIAL IN BUILDING CAPACITY IN COMMUNITY AND SUSTAINING PROGRAM DELIVERY.

Funds are distributed to communities through the Equipment Grant Program, the Healthy Living Community Grants and, new this year, the FSP Community Grants and RISE Grants. I-SPARC grant programs are designed to promote healthy, active lifestyles by reducing barriers and enhancing access to sport, recreation, and physical activity programs.

In 2022/23 a total of 786 grants were distributed across I-SPARC program:

- 112 Equipment Grants
- 191 Healthy Living Grants
- 419 RISE Grants (400 individual, 19 organizational)
- 64 Food Systems Grants

As the need for financial support continues to grow, I-SPARC has been at the forefront of resource allocation, introducing new initiatives and ensuring the sustainability of current programs.

RISE GRANTS

In Spring 2022, the Ministry of Tourism, Arts, Culture and Sport announced a \$3.6M, 5-year commitment to I-SPARC to support the RISE (representing Resilient, Inspire, Strength, and Engage) Grant Program. The RISE grants reduce financial barriers faced by children and youth in and from care, allowing them greater accessibility to sport, physical activity, recreation, and cultural programs. This collaborative initiative encompasses both individual and organizational grants, which support Indigenous and non-Indigenous children and youth in care, as well as those transitioning from care. The launch of the RISE program held great significance for I-SPARC as it marked a milestone as the first program dedicated to children and youth in care. The RISE grants empower young individuals to connect with their communities, explore cultural heritage, and experience the momentous power of sport and physical activity. To date, 419 grants have been distributed to individuals and organizations.



EQUIPMENT GRANT IMPACTS

Fort Nelson Aboriginal Friendship Society - Making Strides in Youth Empowerment

The Fort Nelson Aboriginal Friendship Society was one of the 112 recipients to be awarded an equipment grant, enabling the Society to secure bikes and helmets for use within their Youth Centre. The bikes are helping support youth access to physical activity opportunities whether it is enjoying trips to the skate park or recreation centre, or simply enjoying bike outings as a group to explore the community. The equipment has been utilized extensively by their Youth Centre where approximately 30 youth, staff, and volunteers, regularly experience the benefits of the equipment. The impact of this grant has been significant as it has helped to not only reduce barriers and increase physical activity within the community but also promotes youth engagement, belonging and inclusivity.

RE-DIRECT



“

IT MEANT A LOT TO ME TO BE ABLE TO LEARN WITH OTHERS AND PLAY A SPORT I LOVE WITH NEW AND EXPERIENCED PLAYERS FROM MY COMMUNITY AND FROM OTHER INDIGENOUS COMMUNITIES. MEETING ROLE MODELS WHO WERE ALSO OUR COACHES WAS A HIGHLIGHT.

- SPORT DEVELOPMENT CAMP PARTICIPANT

PREMIER'S AWARDS

THE PREMIER'S AWARDS FOR INDIGENOUS YOUTH EXCELLENCE IN SPORT RECOGNIZES ATHLETES WHO HAVE ACHIEVED EXCELLENCE IN PERFORMANCE SPORT AND ARE REGARDED FOR THEIR LEADERSHIP QUALITIES BOTH ON AND OFF THE FIELD OF PLAY.

For 2021, 33 regional recipients were celebrated for their achievements through Regional Award Videos, which shared each athlete's story and are available on I-SPARC's YouTube channel. From the 33 regional recipients, 10 provincial recipients were selected and honoured at the virtual ceremony in December 2022.

KAELEM DUMONT – Métis Nation BC
Cross Country Running/Track and Field, South Surrey, BC

NEVADA JOHNSON – Northwest Territory Métis Nation
Softball, Delta, BC

FELIX GRANT – Musqueam Nation
Soccer/Rugby/Track and Field/Basketball, Vancouver, BC

SASHA LAM – Métis Nation
Rhythmic Gymnastics, Victoria, BC

SCOTT LARDEN – Hwlitsum First Nation
Field Lacrosse/Box Lacrosse/Handball, Richmond, BC

GABRIELLE PAPUSHKA – Métis Nation
Softball/Volleyball, Surrey, BC

DARIUS SAM – Neskonlith Band
Endurance Running, Lower Nicola, BC

KIERA PEMBERTON – Nova Métis Heritage Association
Basketball, Langley, BC

NIKOLAS SERTIC – Mid-Isle Métis Nation and MNOC
Soccer/Volleyball/Swimming, Nanaimo, BC

SAHARA TOM – Lake Babine Nation
Softball, Nanaimo, BC

BOARD OF DIRECTORS

I-SPARC's Board of Directors, comprised of five Directors who serve the interests of First Nations, Métis, and Aboriginal Friendship Centres, ensure that governance-based decisions address the diverse needs of Indigenous communities. This inclusive approach is reflected in I-SPARC's new regional leadership model, which includes the creation of six Regional Action Teams that reflect balanced representation. I-SPARC would like to recognize its Board of Directors for their foundational work and commitment to the continued success of the organization:

- *Corinne McKay, President*
- *Dr. Curtis Smecher, Vice President*
- *Cheryl Charlie, Secretary/Treasurer*
- *Wally Samuel, Director*
- *Louise Omerod, Director*



ONLINE EDUCATION

I-SPARC RECOGNIZES THE DIVERSE NEEDS OF COMMUNITIES AND REMAINS COMMITTED TO PROVIDING WELLNESS OPPORTUNITIES THROUGH ONLINE EDUCATION INITIATIVES.

In 2022/23 several new online programs and resources positively impacted the well-being of communities:

- Two new FitNation Workout Series: Banded Workouts and Chair Workouts.
- New season of the Food is Medicine Cooking Show, promoting healthy eating through traditional knowledge.
- Six-part Mental Wellness Webinar series hosted by Elders, registered councilors, and knowledge keepers.
- Six-virtual workshops supporting the increase in participation of Indigenous women and girls in sport as part of the Education and Engagement series.
- Six-week online traditional dance program offering Jigfit and Powwow classes

These online education initiatives have enabled I-SPARC to reach a wider audience, engage with community members regardless of their readiness to return to in-person delivery, and provide valuable resources and support for physical activity and healthy lifestyles.

I-SPARC CONTINUES TO COLLABORATE WITH ITS PARTNERS AND STAKEHOLDERS TO DELIVER PROGRAMS DESIGNED TO EMPOWER PARTICIPANTS TO MAKE LIFELONG HEALTHY CHOICES AND IMPROVE THE HEALTH OUTCOMES OF INDIGENOUS COMMUNITIES THROUGHOUT THE PROVINCE.



**BRITISH
COLUMBIA**

Supported by the Province of British Columbia

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