


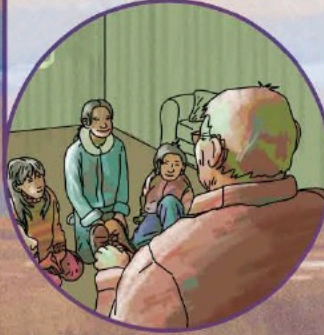


# NUNAVIK ELDERS DAY 2024



I contribute to the wellbeing of elders, as a part of my community!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Play a game with an elder.	Share a meal with an elder.	Help an elder to run errands.	Ask an elder to show you a traditional practice.	Ask an elder to tell you a story from their life.	Do an activity on the land with an elder.	Say thank you to an elder for what they have done for our community.
						

## Instructions: Challenge Time!

We're launching a special community challenge in honor of our elders! Here's how you can participate:

- Download this activity calendar (scan the QR code) filled with fun things to do with the elders in your life.
- Complete one (or two, or three...) of the activities presented in the calendar.
- Share photos or videos and tag the NRBHSS so that we can count your participation.

Both you and the elder you participate with will have a chance to win great prizes, including an iPad. All participants will also have their names and pictures included in our special Elders Day Facebook album as Community Recognition.

Let's celebrate the strong bonds in our community!