



Health and Wellness

Nupqu ʔat naqnukaʔknapsi maʔis nupqunana ʔ ʔat qakitini xma·k ʔitknitik ʔannis, taxas ʔat ʔuxni kyaxunakis ʔaktikis

In February, the mother bears wake up their bear cubs and urge them to prepare their paws for the coming season.



Follow us on Facebook to stay up to date on current and upcoming events.



ʔaqam Community Health and Wellness

Credits to Dorothy Alpine for the translation of the month and the meaning

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 -Equine Therapy 10:30 -Acupuncture 10-1 @ HC (by appt only) -Open Gym Night Martial Arts Eskrima 6-7 Muay Thai 7-8	4 -Wellbriety 6:30-7:30 @ HC -Food Deliveries	5 -Walking Group 10:30 am @ DJM	6 -Mens Group 11-12 @ HC. See Poster for more details.	7 -Wellbriety 12-1 @ HC -Ladies Night Martial Arts @ DJM 6:30-7:30	8
9	10 -Equine Therapy 10:30 -Acupuncture 10-1:30 @ HC (by appt only) - Open Gym Night Martial Arts Eskrima 6-7 Muay Thai 7-8	11 -Wellbriety 6:30-7:30 @ HC	12 - Community Engagement 5pm Dan Joe Gym. See Poster for more details. -Reiki Massage 1-5 @ HC - Walking Group 10:30 am DJM	13 -Foot Clinic -Naloxone Training 1-2:30 @ HC -Nurse Practitioner 1-4 @ HC -Mens Group 11-12 @ HC	14 -Foot Clinic -Wellbriety 12-1 @ HC - Ladies Night Martial Arts @ DJM 6:30-7:30	15
16	17 -Equine Therapy 10:30 -Acupuncture 10-1:30 @ HC (by appt only) - Open Gym Night Martial Arts Eskrima 6-7 Muay Thai 7-8	18 -Wellbriety 6:30-7:30 @ HC -Food Deliveries	19 - Walking Group 10:30 am @ DJM	20 -Foot Clinic Mens Group 11-12 @ HC	21 -Foot Clinic -Wellbriety 12-1 @ HC	22
23	24 -Equine Therapy 10:30 -Acupuncture 10-1:30 @ HC (by appt only) - Open Gym Night Martial Arts Eskrima 6-7 Muay Thai 7-8	25 - Wellbriety 6:30-7:30 @ HC	26 -Reiki Massage 1-5 @ HC - Walking Group 10:30 am DJM	27 -Nurse Practitioner 1-4 @ HC -Mens Group 11-12 @ HC -Finding Pathways to Treatment Summit KNC Gym. See Poster for Details.	28 -Wellbriety 12-1 @ HC - Ladies Night Martial Arts @ DJM 6:30-7:30	



Ki?su?k Kyukyit ?aqam Community,

My name is Albina Saji, and I am beyond excited to join the ?aqam Community Health and Wellness team as a Home Support Worker. Originally from South India, my journey has been guided by a deep passion for helping others. After completing my studies in Addictions and Mental Health at Cambrian College in Sudbury, Ontario, I found my calling in providing care and support to those in need.

For the past 2.5 years, I have been proud to call the East Kootenays my home. During this time, I've had the privilege of working in diverse roles including child, youth and adult support and specialized care giving, each of which has strengthened my understanding of community and connection. These experiences have fueled my desire to contribute meaningfully to the well-being of those around me.

Joining the ?aqam Community Health and Wellness team is a dream come true. I am inspired by the values, traditions, and resilience of the ?aqam community, and I am eager to bring my skills and dedication to this role. I am excited to embark on this journey and look forward to building meaningful connections within this incredible community.
Thank You



Ki?su?k Kyukyit

My name is Marco Campanella, I am a local to the area. I grew up in Kimberley but moved to Kelowna to attend UBCO to earn my bachelor's degree. I spend my time off in the outdoors either fly fishing, hiking, or camping. I am very grateful to grow up in such a beautiful and historic part of the world.

I am a registered kinesiologist which allows me to create personal exercise programs and help with injury recovery. I am honored to have worked with a variety of people such as veterans, children, and seniors throughout my career.

I am very excited to join the health and wellness team as the new Wellness Coordinator. Everyone in the community has been very welcoming and I am looking forward to learning a lot. Feel free to drop by the ?aqam Community Health and Wellness Center to say hi.

Taxas



Hi everyone!

My name is Izzy and I am excited to introduce myself as part of the team at the ʔaʔam Health and Wellness Centre. I am a third-year nursing student at College of the Rockies working on a practicum this season. After moving to the East Kootenay region for school, I fell in love with the beautiful landscapes, quiet living, and endless sunshine. I love going for walks in the forest with my pup Pearl and I am learning the ropes of home gardening and trying my hand at painting. A few years ago, I completed a yoga teacher training course in pursuit of another passion of mine. I have an interest in community nursing and I have a background working as a care aide. I hope to bring forth my enthusiasm for community health, environmental sustainability, and building connections. I am looking forward to meeting new faces and learning more about the wonderful community. Thank you for welcoming me!

Community Engagement



- Topics
- Elder Safety Awareness
 - Social Media/Internet Protection, Safety And Awareness



Great Food

Info Sharing

Door Prizes and Connection

HELP!



- February 12, 2025
- Doors open @ 5:00
- Dinner Served @ 5:30
- Presentation @ 6:15

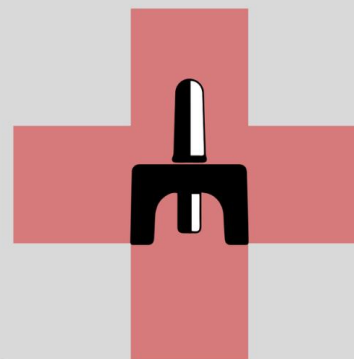
Contact jbrown@aqam.net
for more info



Naloxone Training

- February 13, 2025
- 1:00-2:30
- Health Centre

Call 778-761-0917 for more info



MEN'S GROUP

Every Thursday 11-12
At The Health And Wellness Centre.
Snacks and Beverages Provided.

**Open topic discussion group for men of
all ages. Variety of group activities.
Gather and connect/reconnect in a
supportive space.**

Spots are Limited
Contact Oscar At the Health
and Wellness Centre to Register
omejia@aqam.net
778-761-1077



Recreation Fund

Have you used it?

Aqam members get \$1000.00 per
year for Recreation.

These funds need to be used by
March 31, 2025.

Unfortunately, un-used yearly
funds are not carried over to the
next year.

Contact Ivan N for more information:
inikolov@aqam.net



FINDING PATHWAYS TO TREATMENT SUMMIT

Let's unite key decision-makers and supports to address major issues, find solutions and strategies surrounding addiction and finding the appropriate pathway to treatment in the ?amak?is Ktunaxa.

REGISTER TODAY
healthevents@aqam.net

FEBRUARY 27, 2025

9:30 - 4:00

KTUNAXA NATION GYM

For more information contact:
Ryan: ryan.mallard@ktunaxa.org
Jackie: jbrown@aqam.net



LADIES MARTIAL ARTS

STARTING
FRIDAY JAN 24
COST
FREE

FRIDAYS
6:30PM - 7:30PM
EVERY 1st, 2nd, 4th FRIDAY
OF THE MONTH
JANUARY - MAY 2025.

DJM GYM
Contact:
inikolov@aqam.net

PERSONAL TRAINING
RESISTANCE TRAINING
MUAY THAI
SELF-DEFENCE
BRAZILIAN JIU JITSU

Health And Wellness Team Directory

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Ivan Nikolov, Youth Recreation Coordinator inikolov@aqam.net (778) 761-1061
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Michael Grant Orser, Nurse Practitioner michael.grantorser@interiorhealth.ca (250) 420-2700

