



Please send your pictures to
Carla.halvorsen@uchucklesaht.ca

UCHUCKLESAHT TIMES

Volume 5, Issue 3

MARCH 2024

UCHUCKLESAHT PEOPLES ASSEMBLY

DATE:

Saturday March 23, 2024

LOCATION:

ZOOM & Nucii Multipurpose Room

Please send your Email to get the Zoom
Invitation to carla.halvorsen@uchucklesaht.ca

TIME:

9:00AM

AGENDA:

BUDGET & Annual Report Updates

FACILITATOR: Scott Coulson

If you request an addition to the agenda then please send that request and any background information related to the request to carla.halvorsen@uchucklesaht.ca by March 8, 2024 so that the Executive may consider the addition

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Do you have articles or news for the
newsletter? Please send those to
carla.halvorsen@uchucklesaht.ca

UCHUCKLEAHT WELLNESS CENTER NAME

Našuk maḥt̓ii

Which means “Strong House”

Thank you to Uchucklesaht Tribe Elder Marie Samuel for creating this name for the Wellness Center located down in the Village of Eḥthlateese.



HEALTHY TIPS

WELLNESS ROUTINE

Health and Wellness routine Schedules are a great way to get started on prioritizing your health needs. Everyone's needs and goals are different, this is just an example.

Schedule	Activities
7:00am	Wake up & stretch for 10 min
8:00am	Coffee/tea
9:00am	Healthy breakfast Ex: Eggs, yogurt, whole grains, mush, meat of choice, blended smoothies.
12:00pm	15-30 min walk, outside or indoors.
1:00pm	Healthy lunch Include a protein source with a healthy carbohydrate, fruit, and veggie.
3:00pm	Healthy snack Nuts, fruit, veggies, smoothie, meat, hummus
5:00pm	Healthy dinner Protein, vegetables, and carbohydrates.
8:00PM	Wind down, 10-minute stretch, meditation. Make sure to get your intake of water for the day. On Average woman need around 2.7L a day, where men should average 3.7L per day.

If you would like help setting up your own schedule catered to your health concerns and goals, please check in with UTG's nurse, Christina Lucas, Christina.lucas@Uchucklesaht.ca to get started.