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News Release

For Immediate Release

## **Qalipu Health Services division launches new project**

The Qalipu Health Services division is pleased to announce the launch of a new project, *The Qalipu First Nation Chronic Disease Prevention and Self-Management Project*. This initiative will see traditional and cultural resources integrated into the existing *Improving Health My Way (IHMW)* program currently offered by provincial regional health authorities. This project was made possible by the receipt of a \$100,000 Health Service Integration Fund, awarded to Qalipu this year.

“Health services is an area where we see a lot of potential for growth for the Qalipu First Nation.” Noted Brendan Mitchell, Chief of the Band, “This project, and the partnerships formed with regional health authorities, government and other stakeholders, will be a valuable resource to the Band going forward. It will serve as a strong foundation for future health promotion initiatives.”

Renée Dyer, Manager of the Qalipu Health Service division said that the existing program is a great opportunity for people of the province to better their health, and hopes that adding elements of culture and tradition will make it even more relevant, particularly for the Qalipu First Nation.

She said, “This program give people the self-empowerment skills and tools needed to manage chronic disease and improve their overall wellness and quality of life. Qalipu will build a supplementary resource that will integrate aspects of Mi’kmaq culture and traditional practices into the existing program, making it more engaging for our membership.”

Starting on July 13 and running every Wednesday for six weeks, Qalipu will deliver the IHMW program to members of the Band. It will be delivered at the Qalipu Community Room in Corner Brook and will be expanded to be delivered in in other Wards as project development continues.

Dyer added that in the fall, members who participated in the summer session, as well as general members of the band, will be engaged via consultations and a survey, to help identify cultural and traditional components that are unique to our First Nation and that can support the program when being delivered to Qalipu members.

For more information about this new initiative, contact Renée Dyer by email at [rdyer@qalipu.ca](mailto:rdyer@qalipu.ca).

To register for the Improving Health my Way program taking place this summer, please contact Victoria White at 637-5000, ext. 6689 or email [selfmanagement@westernhealth.nl.ca](mailto:selfmanagement@westernhealth.nl.ca)

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