



About Us:

The players involved in the Elders' Wellness project are dedicated to foster a community that values, respects and protects its elders, creating a safer and more supportive environment for all Nunavik elders.

Key initiatives so far:

✓ **Nunavik Elders Day** (Starting October 1st): Annual campaign promoting the physical, emotional, and social well-being of our elders. It included: Call for Projects, Safety of elders Workshop, Facebook Campaign, Radio Ads (TNI), Community Challenge, and the "Lifetime of Wisdom" Video.

Nunavik Elder Safety Day



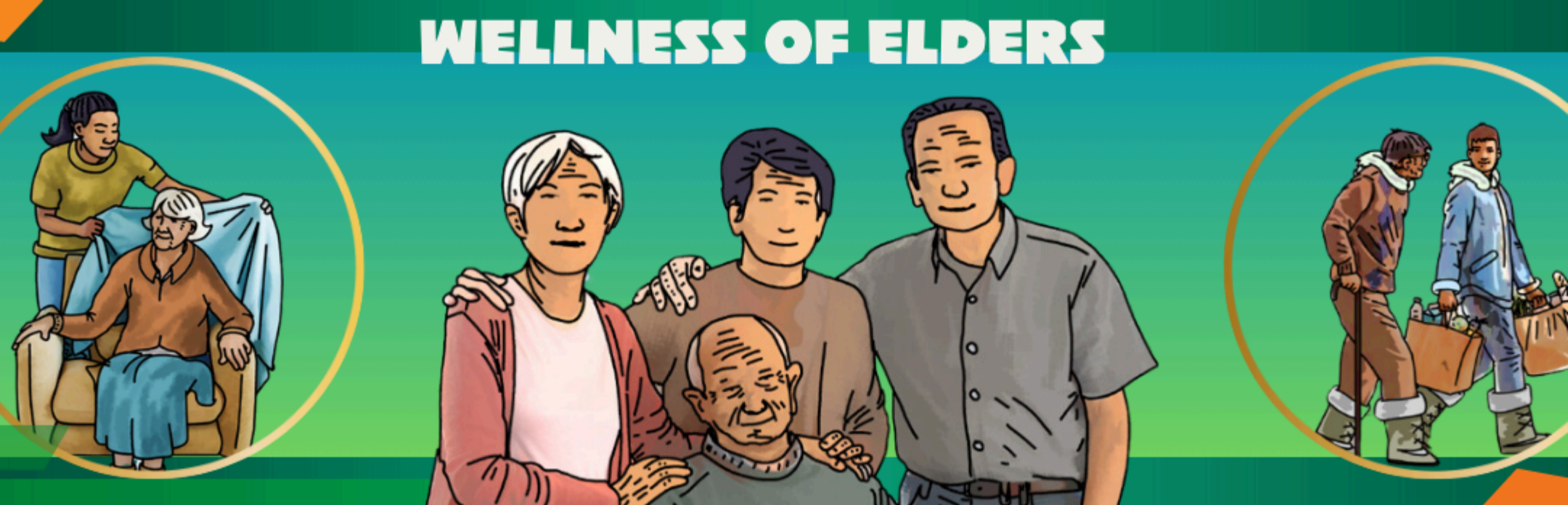
Nunavik Elders Day



Elder Safety. Awareness Workshops



WELLNESS OF ELDERS

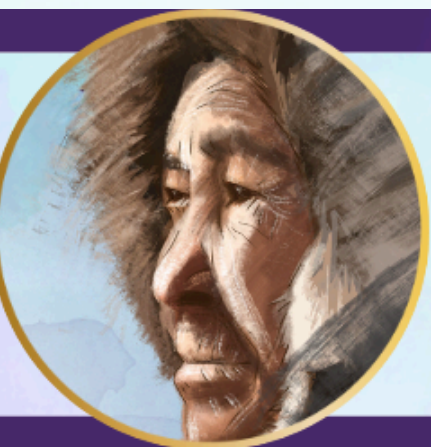


The illustration is set against a green background with a yellow border. At the top, the text "WELLNESS OF ELDERS" is written in large, bold, white capital letters. Below the text, there are three circular inset images. The leftmost circle shows a woman in a yellow shirt helping an elderly woman in a brown shirt sit in a chair. The middle circle shows a family of four: a young woman in a pink shirt, a young man in a brown shirt, and an elderly man in a grey shirt, all smiling. The rightmost circle shows two young men in winter clothing walking and carrying shopping bags.

What's Next?

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- The illustration depicts a plant with a green stem and roots. At the top, there is a cluster of orange flowers. Each flower contains a white label with a concept: 'Family', 'Identity', 'Economy', 'Services', 'Community', 'Land', 'Knowledge', and 'Food'. To the right of the flowers is a green leaf labeled 'Inuuqatigitsaniq'. Below the flowers are two more green leaves: 'Ilusirsusiarniq' on the left and 'Qanuinnigisiarniq' on the right. The stem is green and has several pairs of roots extending downwards.

Elder Wellness Comic Strip



CONTACT US /
CONTACTEZ-NOUS /
ᑭᓕᓐᓂᓐ ᐱᓐᓂᓐᓂᓐ :
coordinator.wellbeing.elder@ssss.gouv.qc.ca

