

Akwesasne Wellness Week Schedule July 9th-13th

All are welcome. Please join our events for free, week long activities. At each event you will receive entries for the grand prize drawings.

MONDAY Hunt for the \$500 Medallion	TUESDAY Hunt for the \$500 Medallion	WEDNESDAY Hunt for the \$500 Medallion	THURSDAY Hunt for the \$500 Medallion	FRIDAY Hunt for the \$500 Medallion
<p>9:00 a.m.-3:00 p.m. SRMT Health Services Drop in Surveys in the Training Room. Chance for Summer Prize baskets.</p> <p>5:30 p.m. Adult Only Kayaking (hosted by Wholistic Health and Wellness) Launch from St. Regis Rec. Must be 18 and have your own kayak.</p>	<p>9:00 a.m.-3:00 p.m. SRMT Health Services Drop In Surveys in the Training Room.</p> <p>10:00 a.m.-11:00 a.m. Family Yoga at St Regis Rec Pavilion.</p> <p>12:30 p.m.-2:30 p.m. Spin Smart Smoking Cessation activity and Sun Safety Dress-Up Relay Race St Regis Rec</p> <p>1:00 p.m.-3:00 p.m. Bench-Fit Workout Demos bring comfortable clothes and sneakers (hosted by MCA Community Health) No Drop Offs</p> <p>5:30 p.m. Community Painting Class with Tammy King (hosted by Wholistic Health and Wellness) Must be 14 and over. Register with Cullen Jacobs by July 5th. 575-2341</p>	<p>9:00 a.m.-3:00 p.m. SRMT Health Services Drop in Surveys in the Training Room.</p> <p>2:00 p.m. Essential Oils Presentation with Lisa Jock Office for the Aging Sun Room (hosted by SRMT Community Nutrition)</p> <p>5:00 p.m. Scavenger Hunt Obstacle Course at Snye Recreation Center. Get your teams together for chances to win prizes. (hosted by laKwa'shatste Youth Fitness & SRMT Community Nutrition)</p>	<p>9:00 a.m.-2:00 p.m. Youth Mental Health First Aid Training, 2-day workshop. AHA Training Center. 20-person limit. (hosted by SRMT Mental Health & SRMT Community Nutrition)</p> <p>10:00 a.m.-2:00 p.m. Health Fair at the AHVF Fire station. Blood Pressure and Blood sugar checks and much more. Car Seat check outside in parking lot. (Hosted by SRMT Outreach Dept)</p> <p>4:00 p.m. Life is a Beach-Family Games. Mohawk School. Fun for all ages. No drop offs. (hosted by SRMT DSS & Tribal Courts)</p> <p>5:30 p.m. Family Canoeing (hosted by MCA WHW) 16 max register w/ Cullen Jacobs by July 6th, 575-2341</p>	<p>9:00 a.m.-2:00 p.m. Youth Mental Health First Aid Training, 2-day workshop. AHA Training Center. 20-person limit. (hosted by SRMT Mental Health & SRMT Community Nutrition)</p> <p>11:00 a.m.-1:00 p.m. Tai Chi and Self Care with Shannon Hall (hosted by MCA Wholistic Health and Wellness) at the St Regis Rec Pavilion. No drop offs</p> <p>4:00 p.m. Ready Set Kick, kickball and other activities with local law enforcement. Safe Kid Cards will be onsite for issuance. (Hosted by SRMT Tribal Pd & SRMT Community Nutrition) No Drop Offs</p> <p>5:30 p.m. Grand Prize Drawings</p>

SRMT Health Services Drop in Surveys

Stop by our training room between 9:00 a.m. and 3:00 p.m. Monday through Wednesday and fill out our quick screenings and be entered to win one of four Summer themed baskets.

Hunt for the Medallion

Can you figure out the riddles? If you can, then you might be \$500 richer. Listen to CKON every morning during Wellness Week and watch our Facebook page for clue to where the medallion may be hidden. Find it bring it to us and you'll be \$500 richer. Donated by TWINLEAF Stores

Health Fair

July 12th will be our smaller version of Wellness Day with tables from SRMT Health Services. Stop by get your blood pressure and blood sugar checked along with other health and fitness information. Wonder if your Car Seat is installed correctly, stop by and have it checked by a certified Car Seat Technician.

Event Information

At each event you will fill out a ticket for the grand prizes that will be drawn on Friday at the Ready Set Kick event. Individual events may also have promotional items and/or door prizes. The more events you attend the more chances you have to win. Grand Prizes are; Kayak, Grill, Family Calypso Passes and an Essential Oil starter kit. All events are rain or shine unless otherwise advertised and there are no drop offs.