



February 5th, 2008



ALBERTA NATIVE FRIENDSHIP CENTRES ASSOCIATION

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Slave Lake Native
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Tansi!

I am excited to introduce the first edition of the Alberta Native Friendship Centres Association's (ANFCA) bi-monthly health newsletter called *Step By Step*. The newsletter is produced by the ANFCA Health Coordinator, Emilea Karhioo, as a part of the Aboriginal Urban Diabetes Initiative (AUDI) program. *Step By Step* will contain a variety of health articles for youth, adults and families, as well as significant AUDI events and AUDI updates.

Every second month, I will be send out a new edition of *Step By Step* to each friendship centre, in addition to a PDF online version that can be printed off at your convenience and/or forwarded to interested community members and contacts.

The *Step By Step* name is represents a health philosophy that the path to better health must be walked, one step at a time. Every *Step By Step* edition will encourage readers to take a "Healthy Living Step" every month. "Healthy Living Steps" are small lifestyle changes that lead to greater wellness and may include any of the following: healthier nutrition; more physical activity; stronger social bonds; stress reduction strategies; mental health care; and healthier family lifestyles. Each newsletter will feature a choice of 5 different "Healthy Living Steps" – and readers choose which step is right for them, for their life and for their needs. Readers choose one step to take for the first month and another step to take during the second month. We offer choice because we all walk the path to wellness in our own unique way, at our own pace and from different points along the path. Behaviour and lifestyle changes can be difficult to manage and maintain in the long-term, especially when one tries to change too many aspects of health too fast and too dramatically. "Healthy Living Steps" encourage readers to make just one adjustment to their lifestyle each month – they focus on only one change at a time. By the end of the month this step should not require conscious effort to remember or maintain, but should be a part of daily life. At this point the reader is ready to take another step. Every 2 months, a new choice of "Healthy Living Steps" will be recommended, and readers will take another 2 steps over the next 2 months. The goal of the Step By Step philosophy is to walk the path to wellness steadily, continuously and confidently.

Please promote this newsletter within your communities by distributing the print and online copies to health care providers, families, parents, youth, Elders and friendship centre staff.

Questions, comments and concerns regarding AUDI or the Step By Step newsletter can be directed to either Joanne McDougall Mason or Emilea Karhioo.

Thank you and I send my most sincere wishes for good health and wellness in all your communities.

In Friendship,

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