

### **Lillooet District Hospital Sacred Space**

On March 11, 2015, St'át'imc Health Leadership in partnership with IHA, held a grand opening of the Sacred Space room at the Lillooet District Hospital. The Sacred Space room is a dedicated space for family members and friends to pray and support their loved ones while they are in hospital. The painting on the door by Luther Brigman welcomes everyone to use the space. Since its opening the room has been used regularly and has been greatly appreciated.



### **St'át'imc Walk Your Moccs Fitbit Challenge Finale**

This year-long fitness challenge for all St'át'imc ages 12+ was to encourage St'át'imc families to live healthier and more active lifestyles. It was finalized at the May 2016 St'át'imc Gathering in Skatin. Over 550 people participated in the challenge. Winners were divided by age groups and awarded prizes for active minutes, most steps, longest distance and most improved. The community that was the biggest winner showing the most active participants was T'it'q'et! Pat Alec, from Xaxli'p did a great job as project coordinator and he is a great role model for the youth!



### **St'át'imc Elders Gathering**

The 6<sup>th</sup> St'át'imc Elders Gathering was held in Xwisten on September 18-20/16. Two hundred participants and youth gathered for 2.5 days to visit, share stories, sing, dance and laugh. Deer, salmon, moose and vegetable pit cooks were carried out to supplement the meals. The themes of the six gatherings were language, traditional medicines, families, health services, elders abuse and story-telling. A fun and safe time was had by all and the elders were very grateful to the sponsors (FNHA and donations), caterers, host and helpers.

