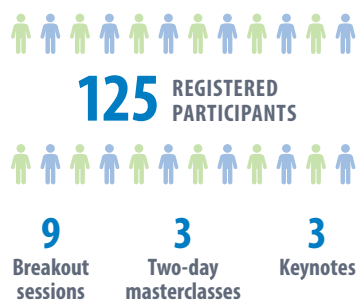




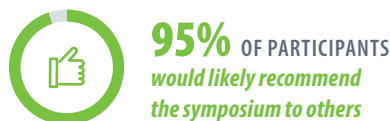
2023 Alberta Healthy Communities Symposium

We believe communities are strongest when they come together.

As we continue to recover from the impact of COVID-19, we recognized the need to strengthen the foundations of healthy eating and active living in Albertan communities. This year's theme was **Honouring Our Roots, Building Our Future** where champions were inspired to launch, continue or evolve Healthy Eating and Active Living (HEAL) initiatives in their communities through the lens of diversity, equity and inclusion. Our goal was to provide tangible and actionable content designed to enhance health and wellness initiatives in delegates' communities through a variety of Indigenous and non-Indigenous perspectives.



- Participants rated **IMPROVEMENTS OF 4.5/5 STARS OR HIGHER ON**
- awareness of traditional Indigenous understandings of wellness;
 - understanding of how I can foster greater equity, diversity, inclusion and decolonization through my work; and
 - confidence to influence change in my community.



PARTICIPANTS DESCRIBED SESSIONS AS

- inspiring and motivating,
- an opportunity to connect and share,
- providing action steps and tools, and
- captivating and informative.

THE TOP RATED SESSIONS WERE

- Traditional games:
Jason Plain Eagle and SN7
★★★★★ **4.9**
- Opening keynote:
Dr. James Makokis and Anthony Johnson
★★★★★ **4.8**
- Masterclass with Megan Hunter:
normalizing physical activity in sedentary environments
★★★★★ **4.8**
- The Grandmothers' Circle:
lessons from the land
★★★★★ **4.6**

Join Communities ChooseWell for the 2024 Alberta Healthy Communities Symposium



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