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| WI BW Logo | **Provincial Convenors Report(sample)**  **CONVENERSHIP: Home Economics& Health**  1 copy to NLWI provincial office  1 copy to FWIC National Convener  1 copy to be kept for your files |

**Motto:** “Take care of your body; it’s the only place you have to live.”

**Roll Call:** Name one thing you do to keep healthy.

**Purpose:** With the understanding that health begins in the self, spreads into our families and out into our communities, WI was committed to ensuring their members became educated on matters of overall health and wellbeing such that they can have a well-rounded lifestyle.

**Districts Reporting**

[ ] Avalon West

[ ] Central Newfoundland

[ ] Green Bay

[ ] Labrador South

[ ] Notre Dame Bay South

[ ] St. John’s

[ ] Trinity/Bonavista

[ ] West Coast NL

**Activities**

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| Avalon West |
| Projects: Weekly exercise programs, presentations on compositing and gardening. A presentation on improving your health your own way was completed in conjunction with recipes swaps and food label reading. |
| Special Thanks:To all members for lending their time, knowledge and dedication. |
| Donations: To the heart and stroke foundation, food bank, ACWW water for all, and the cancer foundation. |

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| Central Newfoundland |
| Projects: Presentations on cervical cancer and cervical screening. Presentations from the food bank found members learning what items are good for donating. Dietitians provided an informational talk on how to eat within the guidelines of the Canadian food guide. |
| Special Thanks: To the Salvation Army lieutenant and dietitians from Central health for their time and knowledge. Thanks for helping the members of Central NL become healthier. |
| Donations: Local food banks, school libraries, money donations and recyclable collection for the school breakfast programs. |

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| Green Bay |
| Projects: Walks around the river Indian River Trail. |
| Special Thanks: To the all members who helped organize events, we couldn’t do it without you! |
| Donations: Of time, money and talent were given to the local food banks, family health assistance and the local school breakfast programs. |

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| Labrador South |
| Projects: In September a Women Heart Health workshop was conducted. A craft shop was opened during the summer months and provided a viable income for many of our members. |
| Special Thanks: To all members who worked hard to organize and execute the workshop. Thanks to Michelle Norman and Pauline O’Dell for their time and effort with the craft shop. |
| Donations: Donations of time, talent and knowledge for both the workshop and the craft store. |

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| Notre Dame Bay South |
| Projects: Heart healthy projects, presentation on cervical cancer and prevention, walking across Canada project. |
| Special Thanks: Our fabulous presenters; Curves owner, the Salvation Army Captain, Community health nurses and women’s wellness day. |
| Donations: Local food banks. |

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| St. John’s |
| Projects: Supermarket tours were arranged to teach members about finding healthy alternatives. |
| Special Thanks: To our presenters: The Organ Donor Program. |
| Donations: The school lunch programs and the Cancer Society. |

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| Trinity and Bonavista |
| Projects: Members gave extensively with their time to the local school breakfast programs. |
| Special Thanks: Ms. Shelly Blackmore, Economic Development Officer with the Discovery Regional Development Board for her presentation on craft focus and presentation in rural Bonavista. |
| Donations: School breakfast program and the blood donor clinics. |

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| West Coast Newfoundland |
| Projects: Healthy workshop. |
| Special Thanks: To All the members and volunteers we couldn’t have done it without any of you. |
| Donations: Women walk the world. |

We would like to thank all of our members for participating and organizing events all over the province. With more than 20% of the Newfoundland population categorized as obese the provincial health system has placed an emphasis on living healthier lives. It is evident from the projects carried out by our districts that great success occurred in educating our members and the community on healthy living and prevention with many realizing healthy living is a great way to get involved and have fun.