



# Better Health

Keewatin Yatthe Regional Health Authority  
MONTHLY HEALTH PROMOTION NEWSLETTER

**August 2013 Theme – Youth Leadership**



## Welcome, Tansi, Edlaneté

Celebrate the talented youth leaders in KYRHA communities! This month's Better Health highlights youth leaders, opportunities and initiatives. Get involved! Spread the word and get in the action.

Send your questions, comments and submissions to:  
*amanda.laboucane*  
*@kyrha.sk.ca*  
*(306) 235-5833*

## **Youth can lead the way forward**

Youth offer our greatest opportunity for improving knowledge of health, self-care and well-being. Encouraging youth leadership, we can build a sense of personal empowerment that will help youth make better choices, while creatively engaging with other youth and being productive members of society. Given the chance to speak up and be leaders in the community, youth provide a wealth of information and Sinsight into the issues and challenges faced by our younger generations today.



## **Promoting better health through youth**

### **Buffalo Narrows**

*Youth Wellness Nights* start this fall. Once a month, get together to learn about health topics, share stories and information, while enjoying a relaxed social atmosphere. Watch for more info on the community scroll and around town for advertisements. Contact Geraldine Werminsky, 306-235-5812 or Geraldine. [werminsky@kyrha.sk.ca](mailto:werminsky@kyrha.sk.ca)

### **Ile a la Crosse**

- *New Youth Groups* start this fall. Meet with a community outreach worker and an addictions counselor to discuss health topics, set priorities, engage in activities and events, meet new friends and reconnect with familiar faces. More info posted soon.
- Contact Simone Laliberte, 306-833-3379 or [simone.laliberte@kyrha.sk.ca](mailto:simone.laliberte@kyrha.sk.ca)

## **Youth helping youth: Passing on skills**

“Peers Helping Peers” is the focus of youth groups in our region. The Sakitawaw Metis Dancers are a great example of this! These talented, young leaders from Ile a la Crosse not only tour the region and the province showing off their



fantastic traditional dance skills, they are helping young up and coming dancers learn these exciting jigs! Congratulations Sakitawaw Dancers for your enthusiasm and participation, and for entertaining us and passing your talent on to younger generations.