

ASSOCIATION OF FAMILY HEALTH TEAMS OF ONTARIO

BRIGHT LIGHTS AWARDS

2019

Nomination

Community and social accountability

East End Family Health Team, Timmins Family Health Team & Misiway Milopemahtesewin
Community Health Centre

Eat.Move.Repeat: An Action Based Community Approach to Lifestyle and Wellness Programs



Eat.Move.Repeat has been a breakthrough wellness program in Northern Ontario. This program represents true collaboration between health care agency to address the specific needs and barriers of our population. Eat.Move.Repeat fosters action based learning and seamlessly incorporates traditional teachings to participants from all backgrounds. Our program has not only paved the way for 3 unique healthcare service providers to build a strong connection. We engaged many aspects of our community, we allowed for participants to get out of their comfort zones and try new things that they would not have otherwise. The introduction of this program has been considered one of the most positively influential programs the community partners have participated in.