



Healthy Role Model Posters- Everyday Hero's

The First Nations Health Council and the Four Host First Nations Society are pleased to be recognizing 5 everyday hero's from First Nations Communities across BC. The Healthy Role Model Poster series was born from the idea that "our greatest inspiration comes from our families, neighbours and friends." The five individuals chosen here are an inspiration to all of us and are a great example of role models around us. They are peers, family, and community members.

The Selection Process

The five role models were nominated by their friends, family, and communities; graded and scored by a selection committee; and then selected based on their involvement in their communities, their healthy balanced lifestyles, and their ability to promote healthy lifestyles in their families, their communities, as well as, their desire and help others succeed.

Spread the word place these posters in your office, in the hallways; highlight these wonderful role models across British Columbia. If you would like to print copies they can be downloaded from the First Nations Health Council website @

http://www.fnhc.ca/index.php/initiatives/community_health/firstnations_actnow/

Would you like a chance to win a \$50 gift card to the grocery store of your choice? Participate in our poster campaign survey and you could win! We would love to hear what you have to say about these posters! Please log onto the web address below and complete our short survey online.

*You must be 18 years of age in order to participate in this survey.