



Healthy Horizons improves Health Education in northern Indigenous classrooms

Winnipeg, MB, December 18, 2018 – The North West Company’s Healthy Horizons Foundation is helping the Heart & Stroke Foundation close the health gap between Indigenous and non-Indigenous people in northern communities, with a \$20,000 grant.

The grant will help bring the HeartSmart Kids program, which strives to provide youth with the tools and education to live long, healthy lives, to more students, with a vision of having the program in Indigenous classrooms nationwide.

HeartSmart Kids is a classroom resource that provides educators in Indigenous classrooms with training and activity books to integrate important health education into their curriculum, at no cost to the educator or students. The training and hard-copy activity book incorporates Indigenous world views while offering tools to improve health education in the classroom, in the community, and at home. The Heart & Stroke Foundation works closely with Indigenous communities to ensure the program is rolled out in true partnership.

“The North West Company and Healthy Horizons have demonstrated a strong commitment to investing in the wellness of Indigenous communities where they operate, making Healthy Horizons an ideal partner for Heart & Stroke,” says Dale Oughton, Director of Development, Manitoba and Saskatchewan for the Heart & Stroke Foundation.

The grant will support delivering the program to 20 classrooms in Northern communities, including those served by The North West Company such as La Ronge, Saskatoon, Brochet, Churchill, Cross Lake, Lac Brochet, Norway House, Pauingassi, Poplar River, Shamattawa, South Indian Lake, Split Lake, The Pas, Thompson and Wasagamack.

About Healthy Horizons Foundation

Founded by The North West Company, Healthy Horizons Foundation’s mission is to provide youth with the knowledge and tools to foster lifelong connections to physical activity and healthy living. www.healthyhorizonsfoundation.ca

Healthy Horizons Foundation is accepting grant applications. To be eligible for funding, a community or organization must either be a registered charity in Canada, or otherwise registered as a “qualified donee” as defined in the Income Tax Act (Canada).

About The North West Company

North West is a retailer serving rural communities and urban neighbourhoods in Canada, Alaska, the South Pacific and Caribbean. We are committed to helping our customers live better by bringing them the best products and services together with a tradition of community support. North West's Northern and NorthMart stores are the largest local private employer of Indigenous people in Canada, with close to 3,000 employees and an annual payroll exceeding \$65 million.

www.northwest.ca



(Photo: Left to Right: Andrew Thunder, Community Support and Communications Specialist, The North West Company and Dale Oughton, Director of Development, Heart & Stroke Foundation)

- 30 -

For more information contact:

Derek Reimer

Director, Business Development

The North West Company

P: 204.934.1469 | E: dreimer@northwest.ca