



The Confederacy of Mainland Mi'kmaq

Member Mi'kmaq Communities

Acadia • Annapolis Valley • Bear River • Glooscap • Millbrook
• Paqtnkek • Pictou Landing • Sipekne'katik

Main Office:

57 Martin Crescent, Millbrook Mi'kmaq Community

PO Box 1590 Truro, Nova Scotia Canada B2N 5V3

Tel (902) 895-6385 Fax (902) 893-1520

Toll free: 1-877-892-2424

Website Address: www.cmmns.com

Diabetes Community Champions

ADI Photo/Video Project 2022

The Aboriginal Diabetes Initiative (ADI) delivers a range of primary prevention, screening and treatment programming to reduce type 2 diabetes among Indigenous people and communities.

TRURO, September 15, 2022 – The Aboriginal Diabetes Initiative (ADI) at The Confederacy of Mainland Mi'kmaq (The CMM) has promoted an annual *Diabetes Self-Management Journey Program* for several years.

With the pandemic impacting the ability to gather in-person, the Diabetes Community Consultant who works for the ADI has developed and created content for a photo and video project. This photo and video project aimed to promote Type 2 Diabetes prevention and management by highlighting **Community Champions**. The champions featured in this project were nominated by their communities for demonstrating a commitment and dedication to living healthy lifestyles to prevent, manage and live with Type 2 Diabetes.

Overall, the project produced three (3) videos to allow a selected champion to discuss their journey, and nine (9) photos, each with an inspirational quote or health tip. The videos and pictures created for this project will be shared with the CMM member communities and used for events hosted by the Aboriginal Diabetes Initiative in the future – Stay tuned for more as we will be releasing all content in November to celebrate Diabetes Awareness Month!

This project could not have been completed without the collective efforts of the Aboriginal Diabetes Initiative, Filet Productions Services, Eastern Woodland Print Services, April Maloney (Grass Fire Productions) and the following nine (9) community champions!

- Sarah – Annapolis Valley First Nation
- Doreen – Glooscap First Nation
- Jordan – Glooscap First Nation
- Greg – Millbrook First Nation
- Jane – Millbrook First Nation
- Marie – Paqtnkek First Nation
- Siobhan – Millbrook First Nation
- Spencer – Millbrook First Nation
- Simon – Sipekne'katik First Nation

Wela'lioq to all!

Contact for inquiries

Jared Remedios, *Communications Manager*

Email: jared.remedios@cmmns.com

Phone: (902) 890-2915

###

In unity there is strength and in strength there is power, justice and equality for all.