



FNNND CITIZENS

Let's Build Your Individual Wellness Plan Together

The Wellness Department has refreshed the Individual Wellness Plans to better support your unique path to wellbeing.

My name is Mackenzie Boyden and I am the Wellness Project Manager. I will be focusing on aftercare programming in our community and I am here to support you. These personalized plans are a tool to help you improve your overall wellness and access the support you need.

✓ Drop in

✓ Call to learn more

✓ Book an appointment at your convenience

📍 Visit me in my office at the FNNND Government House

☎ Call 996-2265 ext. 115

Let's work together toward wellness — your journey starts here!

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