

FIRST NATION OF NACHO NYAK DUN

# WELLNESS

**MAY 2026**

UPCOMING EVENTS

**May 4** - Aftercare Drop In

**May 14** - Going Miles

**May 5** - Game Night

**May 18-21** - Wild Wellness  
Massage

**May 11** - Aftercare Drop In

**May 18** - Aftercare Drop In

**May 12** - Wellness Camp  
Brainstorming Session

**May 19** - Game Night

**May 13** - Going Miles

**May 25** - Aftercare Drop In

We are committed to walking alongside our citizens on their wellness journey—honouring our traditions, building connections, and creating safe, inclusive spaces for healing and growth.

## Join Us!

Location and times vary. Review posters for details. Contact Mackenzie at [wellnesspm@ndfn.com](mailto:wellnesspm@ndfn.com)

FNNND | WELLNESS

# Aftercare Drop In

Support is here for you.



All are welcome. Healing grows stronger  
when we show up together

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A relaxed evening space for community connection and continued healing. Snacks and beverages will be provided. On request, sessions can include: AA, NA, Wellbriety, Sharing Circles, or Al-Anon — with a commitment to attend.

Location: NND Wellness Centre

Time: 6:00 – 8:00 PM



MAY 4  
MAY 11  
MAY 18  
MAY 25

**For more information, contact**

Mackenzie at (867) 383-0187

or (867) 996-2265 ext 115

# FNNND | WELLNESS

## Game Night

Enjoy some fun!



Cards, community, and connection —  
that's a winning hand!

Bring your best game and a good attitude — join community for fun, laughter, and a some card games! Snacks and beverages will be provided.

Location: NND Wellness Centre

Time: 6:00 – 8:00 PM



**MAY 5**  
**MAY 19**



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*Wellness Camp  
Brainstorming  
Session*



Join us to share your ideas for upcoming wellness camps, including the June 18–29 camp, and hear about what is currently being planned.

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**May 12, 2026**  
**NND Multi-purpose Room**  
**1:00-3:00 pm.**

See you there!

**For more information, contact**

Mackenzie at (867) 383-0187

or (867) 996-2265 ext 115



# GOING MILES YOUTH EVENT

Going M.I.L.E.S. is a national touring youth program in Canada specifically designed to empower Indigenous youth through motivational speaking and interactive workshops. Founded by actor Dakota House and featuring comedy hypnotist Scott Ward, the program focuses on building self-esteem and encouraging positive life choices.

**May 13 - Community Hall from 12:00-9:30 pm  
for Youth aged 12-20**

**May 14 - Community Hall from 12:00-4:15 pm  
for youth aged 12-20 followed by a  
community dinner and mentalist show and  
comedy hypnosis show from 6:00-9:30 pm**

MAYO, YUKON



**JOIN US!**

GOING MILES YOUTH PROGRAM

EVERYONE WELCOME

6-9:00 PM

COMMUNITY

MAY 14

DINNER

The community of Mayo is invited to a fun dinner hosted by the Going MILES Youth Program. Plus a mentalist and comedy hypnosis show.

MAYO COMMUNITY HALL

TIME: 6:00 TO 9:00 PM

For more information contact  
Mackenzie at 867-383-0187

First Nation of Nacho Nyak Dun  
Wellness Department

# Massage Therapy with Wild Wellness



## Relaxation and Rest

Treat yourself to a relaxing massage to help your blood flow and your mind to relax.

**60 Minute Appointments.**

Limited spots available. Please call or text to book your appointment.

**May 18-21, 2026**

Location: Contractor  
Unit 202 in the 4 plex in C6

**For More Information:**

Appointments Only  
Call Mackenzie to Book  
Ph: 867-383-0187