

FIRST NATION OF NACHO NYAK DUN
Wellness & Social Programs

WADDLE YOUR WAY TO CHRISTMAS

October 1 - December 25, 2026

Join the walking club and track your steps. Waddle your way through the snow and stay moving this season! Everyone who averages 6000 steps per day from October 1 to Christmas will be entered into a draw for some fun prizes! If you do not have a step counter, please see Mackenzie and he can provide you one. Lets motivate each other to keep moving. The goal will be to work up to 10,000 steps daily which is recommended.

Register: Mackenzie Boyden 867-383-0187

At your own pace. No honorarium provided.

