

Kahnawake Mohawk Territory - Medicine Walk

Goal: Help clients achieve physical activity targets and reconnect with traditional wellness

CYCLE 1

<p>PLAN</p>	<p>What are we trying to accomplish?</p>	<p>To help clients achieve physical activity targets and reconnect with traditional wellness by planning a 30-min medicine walk during lunch break with our language and culture coordinator and DNE</p>
<p>DO</p>		<p>Recruit 6 interested people from DNE referrals</p>
<p>STUDY</p>	<p>How will we know that a change is an improvement?</p>	<p>Attendance : 1/6</p> <p>Participant Comments: “Learning about traditional medicine helps me reconnect with my roots and makes me want to take care of myself.” After 20 min, her knee started hurting and the walk was abandoned. She would highly recommend this activity to a friend.</p> <p>Reasons for absence: “It was challenging to leave work at lunch time.” and “Forgot about it.”</p>
<p>ACT</p>	<p>What small changes can we make that will result in improvement?</p>	<p>Shorten the walk, target people not currently working and offer reminder calls.</p>

Kahnawake Mohawk Territory - Medicine Walk

Goal: Help clients achieve physical activity targets and reconnect with traditional wellness

CYCLE 2

<p>PLAN</p>	<p>What are we trying to accomplish?</p>	<p>Plan a 20-min medicine walk during lunch break with our language and culture coordinator and DNE</p>
<p>DO</p>		<p>Recruit 6 interested people not currently working from DNE referrals; Offer reminder calls.</p>
<p>STUDY</p>	<p>How will we know that a change is an improvement?</p>	<p>Attendance: 4/6</p> <p>Participant Comments: “Having a purpose for walking encourages me to come out”; “It’s nice to see Western medicine people acknowledge our traditions.” All would highly recommend this activity to a friend.</p> <p>Reasons for absence: “Something came up.”</p>
<p>ACT</p>	<p>What small changes can we make that will result in improvement?</p>	<p>Maintain the activity as is.</p>