



Physical Activity Coalition of Manitoba

PACM News

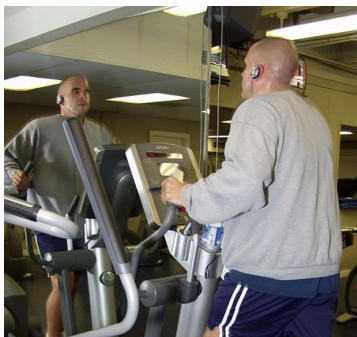
PACM Membership Meeting

PACM will be holding a virtual membership meeting on **Thursday, Nov. 25th** at 1:30 pm. The meeting will provide an update on PACM activities including the Prescription to Get Active Program. An opportunity for organizations to share information on new initiatives and upcoming events will be part of the meeting. Mark your calendars. More details to come.

Creating Welcoming and Culturally Safe Places for Sport, Recreation and Physical Activity for Newcomers Webinar

Check under the Professional Development Resources for another opportunity to participate in this webinar being hosted by Recreation Manitoba on **Sept. 21st**.

In addition a recording of the webinar presented by the Winnipeg Newcomer Sport Academy (WNSA) on Sept. 9 2021 is available to view. Click [here](#) to access. The pass code is 9i8%XQeL





National Coaches Week - Sept 18 - 26, 2021 Say "Thanks Coach". Click [here](#) for more and free training opportunities.

National Concussion Awareness Week - Sept. 27 - Oct. 1, 2021 Sport Medicine & Science Council, in partnership with Sport Manitoba and the Provincial Concussion Working Group, is hosting two workshops on concussion education to continue the awareness on the resources and supports available in Manitoba. **Sept 27th** for Allied Health Professionals and **Sept. 29th** for the General Public. Click [here](#) for details

Active Aging Week - October 4 - 11 2021 Click [here](#) for more information and resources to help get involved.

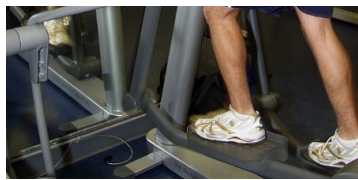
Parents in Sport Week - October 5 - 10, 2021 Focused on engaging and communicating with Parents. Click [here](#) for information and resources. Presented by Active for Life.

Sport Canada Research Initiative Conference **The Future of Sport Participation - October 28 - 29, 2021** This free virtual conference is open to everyone. Click [here](#) for details and registration.

PACM General Membership Meeting - November 25, 2021 1:30 pm More details to come.



Boks Back to School



Moving Forward with COVID-19 - Kinesiology Guidelines for maintaining optimal health

The Canadian Kinesiology Alliance (CKA / ACK), in collaboration with practicing Kinesiologists, has created guidelines to provide support for those undergoing recovery and/or resuming a regular healthy, active lifestyle. These guidelines focus on six fields of practice: cognitive capacities, ergonomics, cardiorespiratory health, functional abilities, weight gain and obesity, and safe return to sport. The guideline materials can be accessed [here](#).



Multi-Lingual Physical Literacy Resources

Need physical literacy resources in another language? Active for Life strives to promote physical literacy as much as possible, and part of that means being accessible. If you know of families, communities or organizations who could use physical literacy resources in additional languages, they have translations available in **9 languages** in addition to English and French! Find more info [here](#).



Fall Prevention and COVID-19

Webinar: Creating Welcoming & Culturally Safe Places for Sport, Recreation and Physical Activity for Newcomers - Sept. 21 2021 - 12 noon to 1 pm. Winnipeg Newcomers Sport Academy presents this session providing practical tips on how to make activities safe and welcoming for newcomers. Click [here](#) for more information and to register. Free.

Webinar: Communities, Parks and People: How to Live Older, Healthier, and Happier! - Sept. 22, 2021 12 to 1 pm. Hosted by Active Aging in Manitoba. Learn the health benefits of connecting with nature, the importance of environmental stewardship and sustainable mobility. Discover green spaces close to home along with activities that you can do safely. Click [here](#) to register. Free.

Webinar: What I have Learned in 50 Years In This Field - October 5, 2021. 10 am - 12 noon. Sponsored by Recreation Manitoba Brian Johnson presents on lessons learned from a wide variety of recreation research, planning and consulting contracts over the past 50 years in hundreds of Canadian communities big and small. Click [here](#) to register. Free.

Webinar: Social media strategy for recreation professionals - Oct 26, 2021 10 am - 12 noon Sponsored by Recreation Manitoba. Presented by Kelly Thibodeau. Participants will learn Ways to make content more interesting and easier to create; How to join the conversation online; and tips for a more effective, engaging social media presence. Click [here](#) to register. Free.



Physical Activity Resources

Boks has pulled together a range of resources to get everybody active as they go back to school. From lesson plans to Boks bursts and much more. Click [here](#) to access.



Gender Equity in Recreational Sports Grants

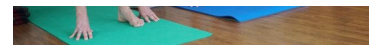
This Canadian Parks and Recreation Association grant will support community level interventions through programs, events, practices and/or policy changes that aim to increase participation and/or retention of girls and women in recreational sport across Canada. All the details on the grant are available [here](#). Submission deadline is **Oct. 1, 2021**.

This report by the Loop Fall Prevention Community of Practice reviews the impact of COVID-19 on risk factors contributing to fall-related injuries. It also summarizes current and emerging evidence on the effective planning and implementation of fall risk screening and assessment, fall care, fall rehabilitation and fall prevention initiatives. Click [here](#) to access.



Great Big Move is coming

ParticipACTION's Great Big Move is back **Oct. 1 -31, 2021**. Get started by forming a team of two to eight people, and as your team unlocks milestones just by getting active, you get more chances at winning awesome prizes!. Get info on the ParticipACTION App [here](#) to get involved and access a range of resources to help keep you active.



New partnership to reduce heart disease risk for Manitoba women

Manitoba is aiming to reduce the risk of heart disease among women through a new partnership with the Reh-Fit Centre and the Victoria General Hospital Foundation. Funding has been committed to enable the Reh-Fit Centre to virtually deliver health behavioural mentoring sessions to about 400 women at risk of heart disease starting in January. Click [here](#) for more information.



COVID-19 Exacerbates Inequities in Canadian Sport Sector

A multitude of surveys have been conducted to examine the impacts of COVID-19 in different sectors within the sport system across the country and most of the news is not good. This Sport for Life blog looks at what was found. Click [here](#) to access.

If you have any news, events and/or resources you would like to share, please forward them via email to PACM at pacm.mb@gmail.com

This message was sent to you by {Organization_Name}

PACM Mission: The Physical Activity Coalition of Manitoba (PACM) mission is to support increased physical activity among Manitobans through collaboration, promotion and education.

PACM host organization is the Manitoba Fitness Council. PACM is supported by Manitoba Health, Seniors and Active Living

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