

LIVING A GOOD LIFE

Native Youth Art Project

Upcoming exhibition at Artspeak – February 15th-20st, 2016



Windsor, ON. January 5, 2016

The Can-Am Indian Friendship Centre (CAIFC) was incorporated in 1982 and is driven by the desire of Aboriginal peoples within the areas of Windsor and Essex County to become a self-sufficient, self-determining, self-governing community. Historically, the Friendship Centre has been the focal point for Aboriginal peoples within the urban environment.

The Urban Aboriginal Healthy Living-Kids program (UAHL-KP) was developed to focus on providing education on healthy eating and to increase physical fitness levels for Aboriginal children and families. The program is unique because it implements culture based activities to enhance the well-being and traditional knowledge of urban Aboriginal children and their families.

UAHL-KP organized the *Living a Good Life* art contest and exhibition that focuses on the objectives of the program to promote healthy lifestyle choices. The kids were asked to submit artwork that depicted what they think it means to live a healthy lifestyle. The contest was open to local urban native youth between 4-17 years of age. The grand finale of this art project will be the exhibition and opening reception.

The contest judges are well-known Indigenous artists including Christi Belcourt, Mark Anthony Jacobson, John Fadden and Jay Bell Redbird who generously volunteered their time to participate in the project

Living A Good Life – Native Youth Art Project

February 15th-20st 2016 Exhibition Hours: Tues - Sat 1pm - 5pm & Wed 1pm - 7pm

Reception will be on February 16th at 5pm-7pm.

Come out see the art and meet the artists. Light refreshments will be served

Artspeak Gallery, 1942 Wyandotte St E. Windsor ON 519-252-2787

Artspeak Gallery is operated by Arts Council Windsor & Region. Arts Council – Windsor & Region (ACWR). The ACWR is a non-profit organization that enriches the quality of life for all by strengthening the arts and community through leadership, education, and promotion.

FOR MORE INFORMATION CONTACT

The Can Am Indian Friendship Centre

Joanne Mitchell/Healthy Kids Program Worker

519-253-3243 ext. 239 Uahl-kp@caifc.ca www.caifc.ca

Image credit: Mark Jacobson, Acrylic on canvas

