



SAVE THE DATE

Kúx dei yaan tootéen haa kusteeyí

(Bringing Back the Strength of Our People)

Eagle & Raven Walk

July 8 - August 16, 2024 • Juneau, Alaska

Tlingit & Haida, in partnership with SEARHC, is pleased to host this year's Summer Walking Challenge "*Kúx dei yaan tootéen haa kusteeyí*" (Bringing Back the Strength of Our People). This Juneau event is being held July 8th through August 16th to encourage elder citizens 55 years of age and older to get outside and get active.

Registration:

Contact Margaret Haube at 907.463.7778 or email mhaube@tingitandhaida.gov

Prizes & How to Win:

The walking challenge will hold weekly random drawings (1 Eagle & 1 Raven) and the Top 5 Walkers in each category of Eagles & Ravens in the 5th week will receive a prize. A drawing for two grand prize winners will be held at the conclusion of the walking challenge period. To be entered into the drawings, Elders will need to submit their weekly pedometer readings every Friday. Participants can receive an extra ticket by submitting a photo of walking or a healthy recipe weekly. Instructions, pedometer log sheet and t-shirt will be provided after registration has been received. First 60 to register with all forms filled will also receive a water bottle.

Don't miss this great opportunity to challenge and empower yourself to take positive steps towards improving your health! Get outdoors and have some fun!



For more information, please contact:

Margaret Haube, Family Service Worker
Family Services Division • Elderly Services Program
907.463.7778 • mhaube@tingitandhaida.gov