

# Kahnawake Mohawk Territory - Medicine Walk

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

## CYCLE 1

PLAN	What are we trying to accomplish?	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
DO		Recruit 6 interested people from DNE referrals
STUDY	How will we know that a change is an improvement?	<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.” <b>After 20 min, her knee started hurting and the walk was abandoned.</b> She would highly recommend this activity to a friend.</p> <p>Reasons for absence: <b>“It was challenging to leave work at lunch time.”</b> and <b>“Forgot about it.”</b></p>
ACT	What small changes can we make that will result in improvement?	Shorten the walk, target people not currently working and offer reminder calls.

# Kahnawake Mohawk Territory - Medicine Walk

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

## CYCLE 2

PLAN	What are we trying to accomplish?	Plan a 20-min medicine walk during lunch break with our language and culture coordinator and DNE
DO		Recruit 6 interested people not currently working from DNE referrals; Offer reminder calls.
STUDY	How will we know that a change is an improvement?	<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>
ACT	What small changes can we make that will result in improvement?	Maintain the activity as is.