



CARRIER SEKANI
FAMILY SERVICES

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Creating wellness together

PRESS RELEASE

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Carrier Sekani brings nations together for its 13th annual Hockey Wellness Tournament

Fraser Lake, B.C. – The 8th annual Hockey Wellness Tournament will be happening this weekend from February 28th to March 1, with the key message of celebrating men’s wellness in all our communities.

CSFS is expecting roughly 100 players to attend the tournament with registrants from Prince George to Smithers.

The tournament promotes and engages community in health and wellness. As part of the tournament, Carrier Sekani will also be providing health information as well as health screening such as lung function testing (portable spirometry) and Hepatitis C dry blood spot point of care testing.

Dr. Travis Holyk states: “The first tournament started as a novel way to present health research results back to the communities and, based on the popularity of the event and the spin off health and mental health benefits, has become an annual event.”

The tournament itself serves as an awareness campaign for the importance of physical activity, and how it can actually help improve mental wellness, and offers the opportunity to be part of a team in the spirit of men’s wellness.

Contact Person: Travis Holyk or Robert Doane