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Building *Nunavut* Together
Nunavut liuqatigiingniq
Bâtir le *Nunavut* ensemble

Public Service Announcement

Embrace Life Day/ World Suicide Prevention Day

Start Date: September 9, 2014

End Date: September 10, 2014

Iqaluit, NU

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Embrace Life Day/World Suicide Prevention Day is September 10. Nunavummiut are invited to participate in the international Cycle around the Globe event, by cycling the distance of the Northwest Passage in Nunavut.

The goal is to cycle the 2,700 kilometres of the Northwest Passage that lies within Nunavut, from Pond Inlet to the Amundsen Gulf, west of Kugluktuk. This event is meant to highlight the importance of “connectedness” in suicide prevention.

Look for the different activities being conducted in your community on September 10. Your community lead will be organizing cycling and walking events throughout Nunavut. At the end of the day, community leads will collect the total kilometres people cycle on bicycles, stationary bicycles or by walking.

Some of the events that are occurring across the territory on September 10 are:

Cambridge Bay – The Cambridge Bay community team has arranged a 5-km walk around the hamlet. The community’s mental health facility is also setting up stationary bikes for its residents. After the walk, the community will host a barbecue and offer snacks. Youth also have the opportunity to create posters about suicide prevention to be judged by Ariel Tweto (Alaskan Inuk reality TV star), on September 27, when she visits the community.

Arviat – The community team in Arviat, including community health representatives, mental health staff, RCMP and many others, have organized a

