



## Press Release

FOR IMMEDIATE RELEASE

### *maskêkosihk Hub for Sport and Well-being Celebrates Grand Opening*

**September 16, 2021, Enoch, AB-** A new hub for sport and well-being opens today in Enoch, kicking off with a community-wide fun run and a donation to the University of Alberta Golden Bears and Pandas Cross Country teams.

Canadian triathlete Chantell Widney coordinates the new maskêkosihk Hub for Sport and Well-being. The Hub will provide programming in the community, including youth mentorship and leadership training, culture camps and coaching and sport opportunities.

**“Sport and overall well-being drive school engagement, community connections and positive mental health. Enoch is most proud to have a foundation of wellness that we are building upon,”** said Widney.

Thursday’s fun run saw members of the community, students and staff of the schools, and athletes from the University of Alberta all moving together for health and wellness. Enoch’s donation to the University’s cross country team solidifies their partnership and commitment to a healthy future.

**Dr. Sean Lessard, Associate Professor in Secondary Education at the University of Alberta, says the Hub is a step towards reconciliation. “A big part of reconciliation is sport, feeling connected to community, being outside and building relationships. We have built the Hub to support each and every child in activity and wellness.”**

The Hub will decrease barriers to participation and connect wellness to high school credits and sport tourism initiatives. The Hub for Sport and Well-being will also welcome Indigenous and non Indigenous sport groups in a space of listening, learning and understanding the role of sport in social recovery through COVID.

Partners are essential to the Hub’s success; the University of Alberta’s cross country teams will work in tandem to build peer mentoring relationships and be present in the community through practices and school visits. Other funding support from Canadian Tire Jumpstart Charities, the Edmonton Community Foundation, Sport Canada and the Government of Alberta.

### **For more information:**

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