ᕕᕗᐊᕆ 1-29 | February 1-29

ᐱᖕᖑ ᐹ ᐊᕐᕕᑕᕐᓂᖓᓄᑦ Pingngupaa Tour
ᐃᓚᐅᒋᑦᓯ ᓄᓇᓕᑦᓯ ᓱᖃᑦᓯᓂᕐᓄᑦ ᐱᖕᖑ ᐹ ᐊᕐᕕᑕᕐᓂᖓᓄᑦ ᐃᓕᖓᔪᓄᑦ, ᐃᓱᐊᕐᓯᕕᐅᑉ ᑲᔪᓯᔪᒥᒃ ᑲᒪᓂᕐᒧᑦ ᐱᒍᑦᔨᓂᖏᑦᑕ

ᐱᓇᓱᑦᑎᖏᑦ ᐅᓪᓗᒃ ᐃᓚᒍᒃ - ᑕᑯᒍᒃ ᑲᓇᓂ. | Join the local activities as part of the Pingngupaa Tour,

an initiative made possible by Isuarsivik’s Continued Care Services team.

ᐱᒋᐊᕐᑎᓯᓂᖅ ᐃᓅᒍᓯᕐᐱᑦ ᐊᓯᑦᔨᓂᖓᓂᒃ

Kickstart your lifestyle change
ᓄᓇᕕᐅᑉ ᐱᓕᐅᑦᔨᑎᑦᓯᓂᖓ ᓄᓇᕕᒻᒥ ᖃᐅᔨᒪᔭᐅᓕᕐᑎᕆᐊᕈᑎᒋᑦᓱᒍ

ᐃᑯᓪᓚᐃᒋᐊᕐᑎᓯᒍᑎᒋᑦᓱᒍᓗ ᐋᓐᓂᕈᑕᐅᓲᓂᒃ ᐃᒥᐊᓗᒻᒥᒃ ᐋᖓᔮᓐᓇᑐᓂᓪᓗ
ᐊᑐᕐᓂᒧᑦ ᐊᑦᑐᐊᔪᓂᒃ.

Nunavik’s regional challenge to raise awareness
and reduce harm associated with alcohol and

drug use and its use.

2024

ᐃᓚᐅᒐᓱᐊᕐᓂᐅᑉ ᐃᓱᓕᕝᕕᓴᖓ : ᔭᓄᐊᕆ 19, 2024-ᒧᑦ Deadline: January 19, 2024

ᐃᓚᐅᒍᒪᐅᑏᑦ ᑕᑕᕐᓴᕈᒃ Register now

2024 Pingngupaa

Challenge

ᕖᔅᐳᒃᑯᑦ ᒪᓕᑦᑎᒍᑦ ᖃᐅᑕᒫᑦ ᐃᑲᔪᕐᑕᐅᓂᕐᒧᑦ :

Follow us on Facebook for day-to-day support:

1-2-3 ᑰᑦᔪᐊᖅ

Kuujjuaq 8 ᑰᑦᔪᐊᕌᐱᒃ Kuujjuaraapik 14 to 17 ᐃᓄᒃᔪᐊᒃ Inukjuak 24-25-26 ᖁᐊᕐᑕᖅ Quaqtaq

4 ᐳᕕᕐᓂᑐᖅ Puvirnituq 9 ᐅᒥᐅᔭᖅ

ᓴᓪᓗᐃᑦ

Umiujaq
Salluit

19-20 ᐃᓄᒃᔪᐊᒃ Tasiujaq 27-28 ᑲᖏᕐᓱᔪᐊᖅ Kangiqsujuaq

5-6

ᐳᕕᕐᓂᑐᖅ

ᓴᓪᓗᐃᑦ Puvirnituq, QC
Salluit, QC

10-11

ᐅᒥᐅᔭᖅ
ᐃᕗᔨᕕᒃ

Umiujaq
Ivujivik

21-22

ᐊᐅᐸᓗᒃ
ᑲᖏᕐᓱᒃ
Aupaluk
Kangirsuk

29 ᑰᑦᔪᐊᖅ Kuujjuaq

7

ᑰᑦᔪᐊᕌᐱᒃ, ᑯᐸᐃᒃ
ᓴᓪᓗᐃᑦ, ᑯᐸᐃᒃ
Kuujjuaraapik, QC
Salluit, QC

13

ᑲᖏᕐᓱᐊᓗᑦᔪᐊᖅ
ᐊᑯᓕᕕᒃ
Kangiqsualujjuaq
Akulivik

23 ᑲᖏᕐᓱᒃ Kangirsuk

ᐅᓪᓗᖁᑎᖏᑦ ᐊᓯᑦᔨᑐᐃᓐᓇᕆᐊᓖᑦ ᓯᓚᐅᑉ

ᖃᓄᐃᓕᖓᓂᖓᓄᑦ. | Schedule is subject
to change due to weather conditions.

ᐊᐱᕐᓲᑏᑦ? | Questions? challenge@isuarsivik.ca

ᕕᕗᐊᕆ Feb.

ᓴᐳᑦᔨᓗᑕ IN SUPPORT OF