



FOR IMMEDIATE RELEASE

Jordin Tootoo Speaks to NLC Students about Aiming for Wellness Together

Slave Lake, Alberta (April 6, 2022): National Hockey League legend Jordin Tootoo spoke to Northern Lakes College students today, bringing them his message of inclusivity, resilience, and the importance of teamwork in both the workplace and social communities. Jordin is of Inuit and Ukrainian descent, and he was not only the first Inuk player in the NHL - he was the first player raised in Nunavut to play in the NHL.

One of Jordin's biggest priorities is giving back to Indigenous communities. In his presentations, Jordin promotes the creation of inclusive communities that destigmatize mental illness and addiction, creating an environment in which asking for help isn't considered a weakness.

"These are times of great uncertainty and we are looking to young people to lead us to a better tomorrow. This will only be accomplished if we are true to ourselves, communicate with one another and recognize that everyone is fighting a fight no one else knows about. I am pleased to spend time with all of you at Northern Lakes College to share my story," comments Jordin.

Jordin is also the author of *All the Way: My Life on Ice* as well as the founder of the Team Tootoo Foundation. He established the foundation in honour of his late brother, Terence, who took his own life. The foundation aims to raise awareness about addiction, youth at risk, and suicide prevention. Growing up in Canada's north, Jordin is all too familiar with the legacy of mental illness and addiction that can impact both families and communities.

"Student wellness is a priority at Northern Lakes College, and Jordin's message of wellness as a journey we take together is inspiring. We thank Jordin for sharing his story with our students," comments Dr. Glenn Mitchell, Northern Lakes College President & CEO.

Jordin was drafted by the Nashville Predators in 2001, and went on to play with the Detroit Red Wings, New Jersey Devils, and Chicago Blackhawks. He played 723 career games, accumulating 161 points, including 65 goals. Prior to his NHL career, he played in the Western Hockey League from 1999 to 2003 for the Brandon Wheat Kings. Jordin retired from the NHL in 2018. He devotes his time to his family, his foundation, and his work, bringing his message to Indigenous communities throughout Canada.

A distance learning college, Northern Lakes College provides the most accessible and flexible educational opportunities through innovative delivery. Utilizing its unique Supported Distance Learning (SDL) model, NLC assists 5,000 students annually to continue their education, improve their employment opportunities, and enhance their quality of life. Committed to its communities in northern Alberta and to its students, wherever they may be, NLC collaborates with business, industry, and other post-secondary institutions to benefit students and communities. Explore at www.northernlakescollege.ca.

For additional information contact:

Rachel Ouellette
Director, External Relations, Marketing & Communication
Office of the President
Northern Lakes College
news@northernlakescollege.ca