

Join us for this free, informative WEBINAR for nurses
and other health-care providers

WEBINAR

Indigenous Foodways to Sustain Wellness

When: March 8, 2022 from 7:00 – 9:00 p.m. (ET)

Guest Speakers:



Melinda Sault Coates
Food Security
Coordinator, Nishnawbe
Aski Nation (NAN)



Kelly Gordon, RD, Team
Manager- Health
Promotion, Six Nations
Health Services



Kitty R. Lynn Lickers, MA,
Community Food Animator,
Six Nations Health Services

WEBINAR OBJECTIVES:

This webinar will

1. Deepen the understanding of colonialism and systemic racism and it's impact on Indigenous health
2. Discuss the current lived experiences of Indigenous peoples and the actions that are necessary to create meaningful change
3. Bring greater awareness about the impact of Indigenous food and foodways programming
4. Further understanding of and connection with Indigenous foods through stories and discussion of the role of food as our medicine
5. Discover tools and resources that health-care providers can apply in practice to support Indigenous wellness

For more information on the webinar and to register visit:

<https://myrnao.ca/indigenouswebinarmarch2022>

For more information contact mentalhealth@rnao.ca