

'SELF WELLNESS - SELF CARE'

Wellness is a process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle. Wellness is:

- A direction which moves us toward a more proactive, responsible and healthier existence.
- The integration of the body, mind, and spirit.
- To love and accept ourselves today, and to anticipate and search for who we choose to become tomorrow.
- Choice living; a collection of the daily decisions we make that lead us to that person we choose to become.

Date: Wednesday, November 21, 2018

Location: Mino Bimaadsawin Health Centre

Time: 9:30am - 4:30pm

9:30am-11:30am - Healing & Teaching Circles

12:00pm-4:30pm - 1.5hr one-on-one or family sessions

Call To Register - Limited Seating 519-797-3336

Liz Akiwenzie from Manitou Kwe Consultation

Specializing in cultural competency awareness and training.

Keynote: Topics: Education on western world view vs Indigenous world view. Education, justice & corrections, health and wellness of self, family, community & nation.

Liz has 35 years of experience providing cultural healing & wellness. She is Ojibway and Oneida with an education in Social Service work. She has worked in the health, education, addiction, as well as justice & correctional services sectors.

