

CONNECTING WITH THE ELEMENTS:

AN INDIGENOUS APPROACH TO HEALING AND LEADING WITH COURAGE



Body



Feelings



Thinking



Spirit

In this culturally grounded series, we will use the four wisdom centers - body, feelings, thinking and spirit - to connect with ourselves, each other and our environment on the path toward healing.

Sept 14, 20, 28 & Oct 5
@ 1pm-3pm

**Register online at wellnessnetworkedmonton/courses
or call/email 587-988-9144 kturner@e4calberta.org**

Meet our facilitators:

Vickie Oldman John is a founding and managing partner with Seven Sisters Community Development Group, LLC (www.7sistersconsulting.com), a national community development consulting firm. She is an enrolled member of the Navajo tribe, and her clans are Black Streak of the Forest People, Mud People, One Who Walks Around People, and Folding Arm People.

Natasha Shulman believes in taking time for introspection and accepting life's messiness and imperfections. She has been a lead project manager, trainer, coach and evaluator on several national initiatives. She has also authored financial education and training curricula to build skills within Native and ethnic communities.