



# Food is Our Medicine

When we understand the relationships between food, the land, and culture, we recognize that food is fundamental to our well-being. Food is medicine. Yet, Indigenous knowledge and foods are all too often missing from health care settings across Canada. It's time for that to change. We invite you to join us on a Learning Journey about the power of Indigenous Foodways as a pathway to reconciliation and health.

Get involved:  
[NourishLeadership.ca](http://NourishLeadership.ca)

To join me on the Learning Journey, contact me at:

