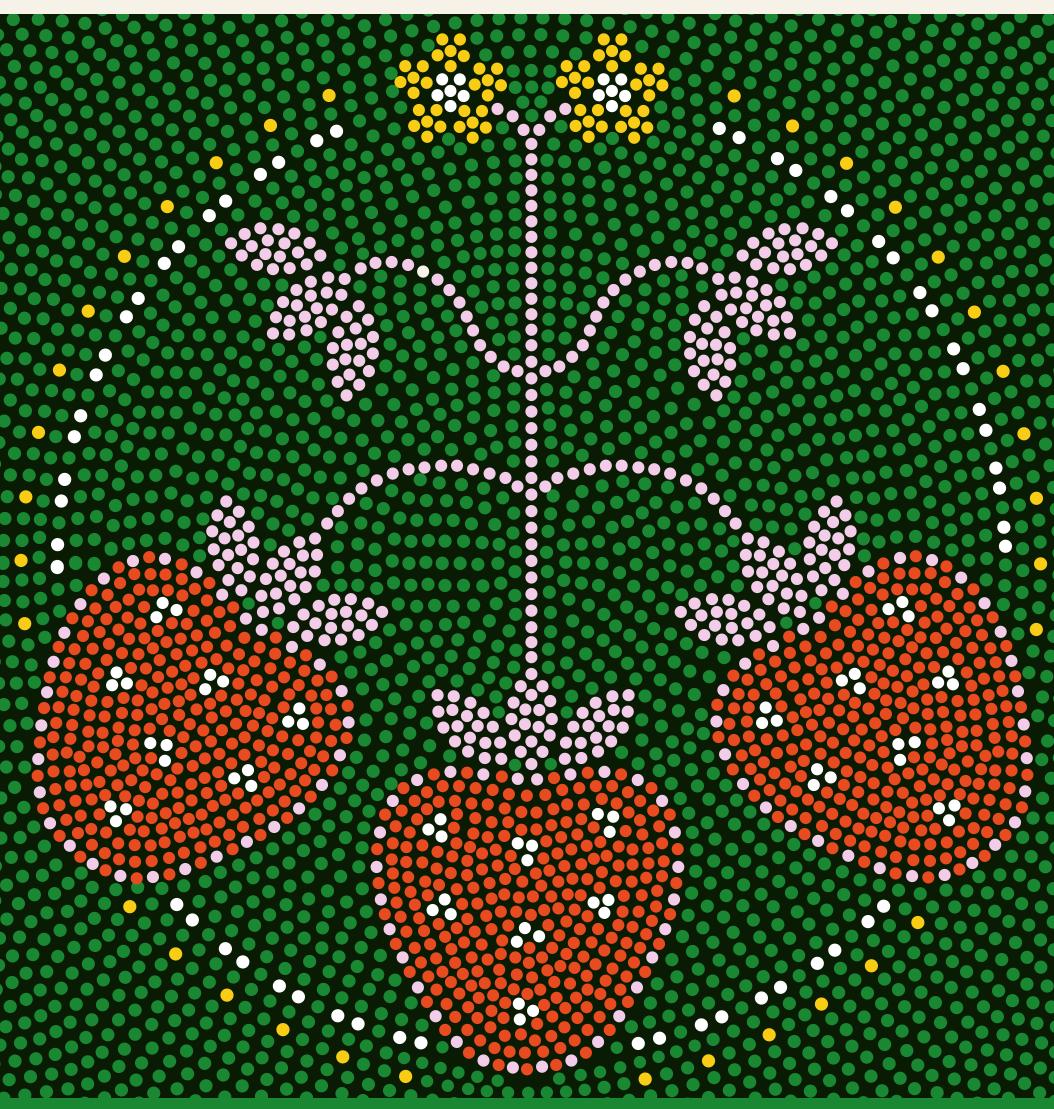
## **Food is Our Medicine**





## Food is a Pathway

**"When people are in their most vulnerable places, like a hospital, providing something that they feel in their heart, can provide healing."** – Jessica McLaughlin, Long Lake #58 First Nation

Food is fundamental to our well-being. Food is medicine. 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** 

