



LIFE
AS
MEDICINE

Creating a Community of Sustainability Together

Feeling exhausted? Overwhelmed?
Nothing left to give?

Join LIFE as Medicine: Circle of Indigenous Healing Arts for a guided arts-based restorative healing journey exploring natural wellness metaphors, through story, song, ceremony, and art.

Our holistic Teachings emphasize several interwoven pathways:

Empowering our Lived Experiences.

Being grounded in Indigenous spiritualities.

Recognizing healing processes as interwoven with change in systems & structures.

Re-establishing our interdependence as Earth relatives and protectors

Who: Helpers, Social Workers, Teachers, Caregivers, Grassroots Activists, Therapists, Frontline Agency staff, Nurses, Addictions Counsellors, Artists

When: Monday, June 12th 2023, 10:00 am to 4:00 pm

Where: The Old School Community Gathering Place 7962 Hwy 7 Musquodoboit Harbour, Eastern Shore, Nova Scotia

Pre-registration encouraged. There is no cost for this event.

For more information and to register go to our website: lifeasmedicine.ca

All materials provided. No previous experience with artistic expression required.

Lunch included. Maximum 40 participants.

