Self, Self-Care, & Stress Management

August 3rd, 2023
1:30pm-2:30pm MST

Join Michelle from Iskwew Health as she promotes wellness Indigenously! She has been in the wellness/fitness industry for 14 years and will lend her knowledge about the importance of connection to self, self care and stress management. You are so important in Creator's world so it is important you take care of yourself mentally, emotionally, physically and spiritually! Tending to your stress is also one way to take care of self! So we will also be focusing on stress management!
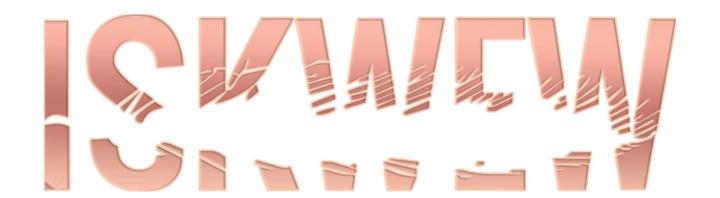

Learning Outcomes:
- Wellness check-in!
- Find your "why": The importance of self-care
- Stress management tips

Speakers:
Michelle Nieviadomy, a Cree Woman;
Iskwew Health, Owner, Wellness Advocate

Target Audience: Everyone and anyone!

Please register for session at:
http://WWW.FNTN.CA

To access this session from *zoom*:
https://fntn.zoom.us/join
Meeting ID: 859 8318 6939
Passcode: 894141

To access this session from an *audio line*:
1-587-328-1099
Meeting ID: 859 8318 6939
Passcode: 894141

First Nations
Telehealth Network
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA

To join via internet browser

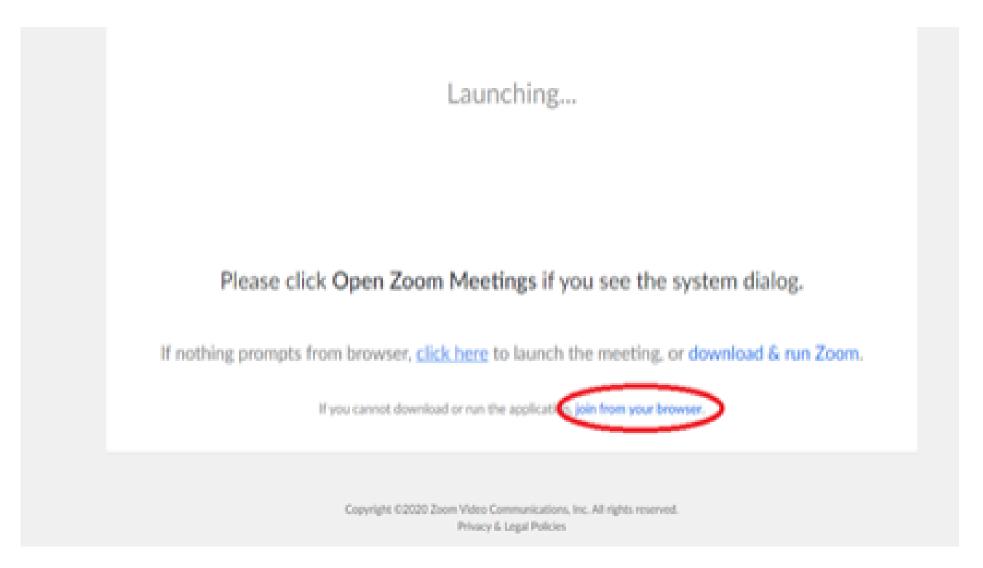1. Please click the link below to join the webinar:
    https://fntn.zoom.us/join

2. Enter Meeting ID: 859 8318 6939
3. Passcode: 894141
4. Click the option " click here" (See image below)

5. Another option will show up on the bottom, please click " join from your browser" (See image below)

6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

1. Please click the link below to join the webinar:
    https://fntn.zoom.us/join

2. Enter Meeting ID: 859 8318 6939
3. Passcode: 894141
4. Choose "download and run Zoom"
5. An executable file will be download, please run the file
6. After the file has been installed, you will be ask to enter your "email" and your "name"
7. You will now join the webinar, by default all attendees of the webinar are muted.