

Well-being, Connection & Self-care

July 14th, 2020
13:30-15:00

Follow along as Michelle leads a down
to earth presentation on well-being



Learning Objectives:

Participants will

- Identify your core values (mind, body, spirit & heart) as a guide to your own well-being.
- Benefits and tips on self care.
- A greater understanding of sakihesowin -Cree word "I love myself".
- You will learn a grounding/calming technique.

Speaker:

Michelle Nieviadomy is nehiyaw iskwew (Cree woman) who is a wellness advocate. She owns Iskwew Health based out of Edmonton, AB. She inspires body, heart, mind & spirit connection through fitness, teachings and workshops on wellness.



Target Audience
adults 16+

To access this session
from an audio line, dial
1 587 328 1099
CODE
#92420437500#

To access this session
from zoom
<https://fntn.zoom.us/join>
Enter Meeting ID:
92420437500

FIRST NATIONS
TELEHEALTH
NETWORK
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA

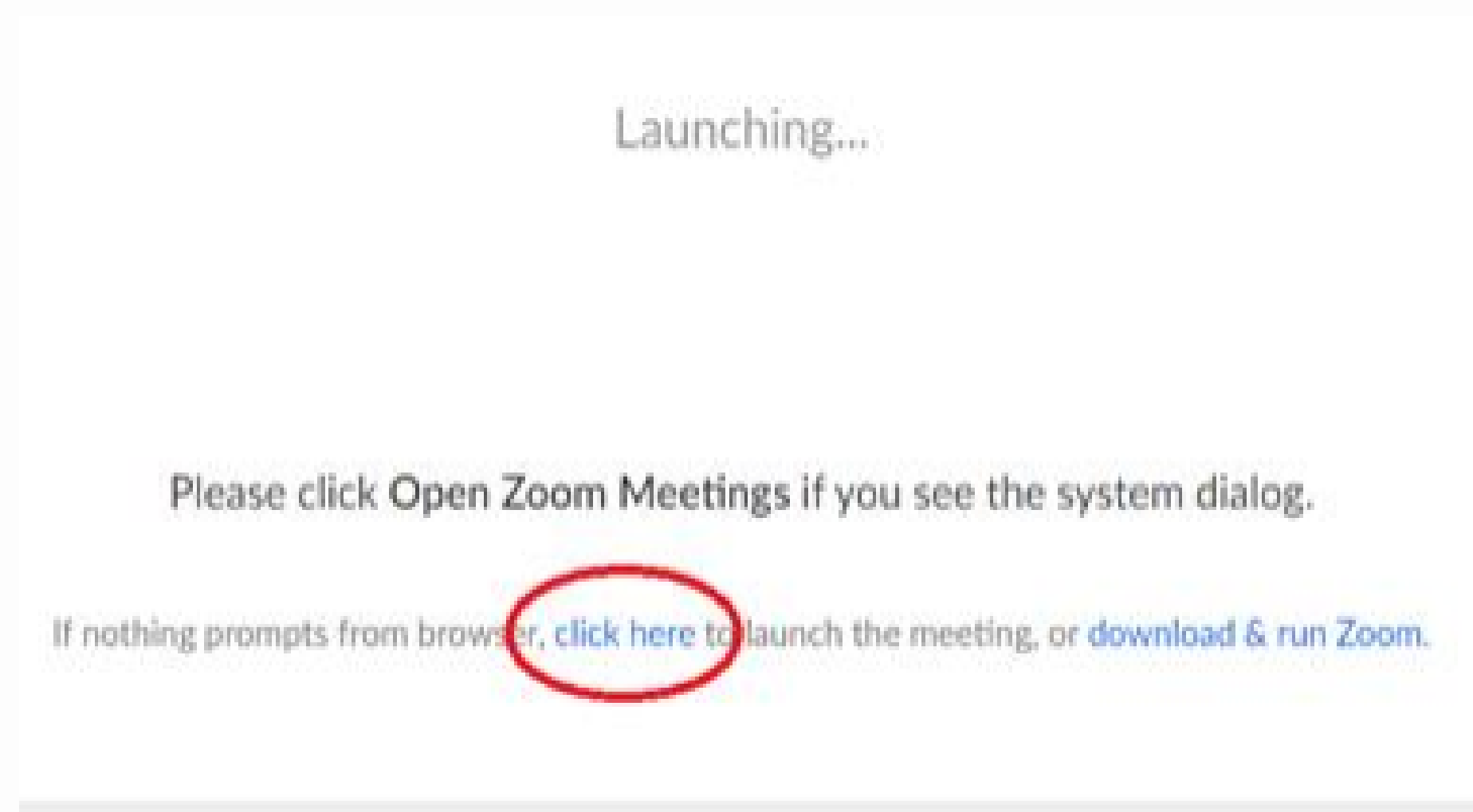
To join via internet browser

1. Please click the link below to join the webinar:

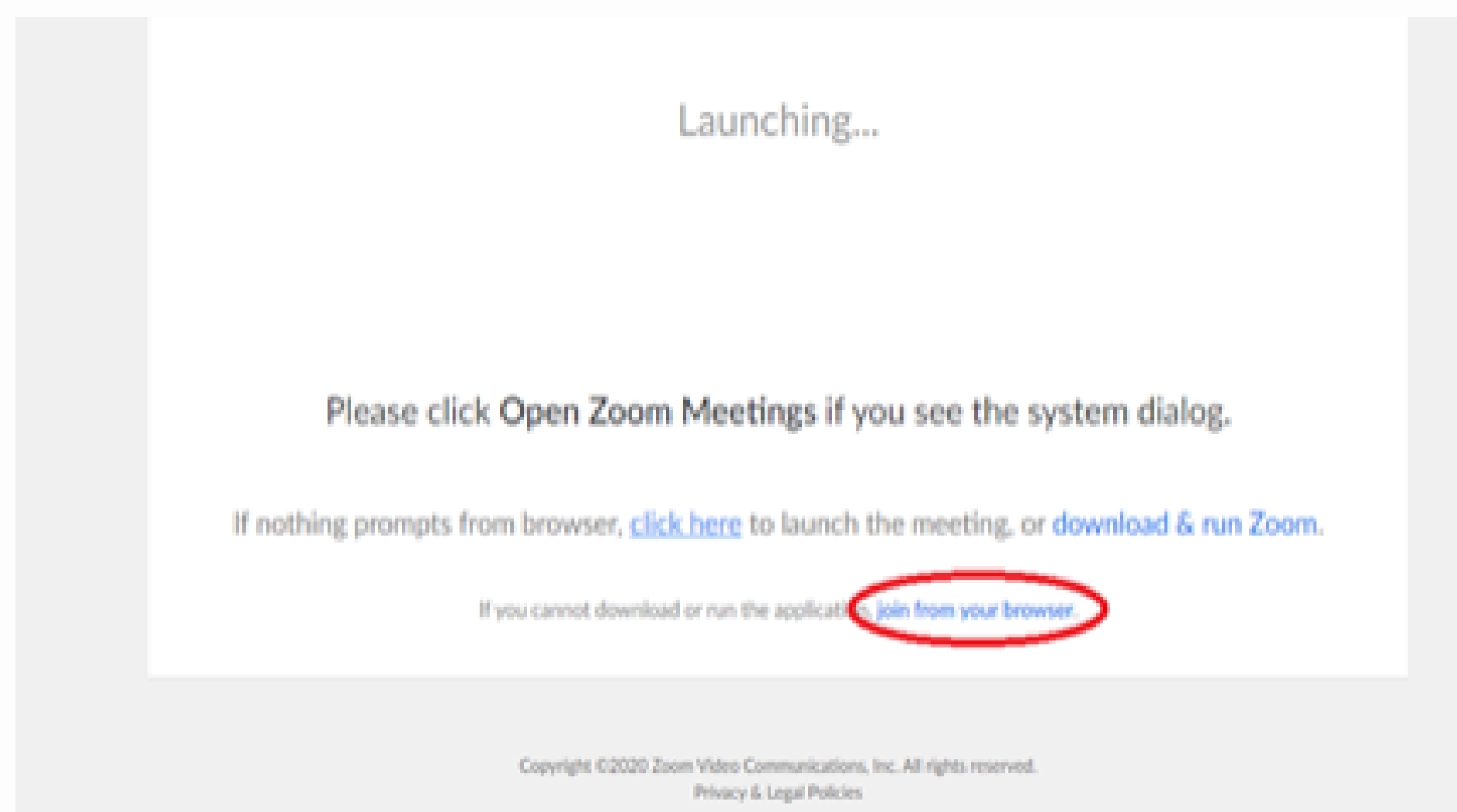
<https://fntn.zoom.us/join>

2. Enter Meeting ID: **92420437500**

3. Click the option "click here" (See image below)



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



5. 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: **92420437500**

3. Choose "download and run Zoom"

4. An executable file will be download, please run the file

5. After the file has been installed, you will be ask to enter your "email" and your "name"

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