

Perspectives on Aging in Maskwacîs, a Cree Indigenous Community

February 6th, 2024

1:30-3:00pm MST

The Sohkitehew (Strong Heart) Research Group carried out strength-based research with older Nehiyawak (Cree) women in Maskwacîs, Alberta, to understand their experience and perceptions of healthy aging. This session will explore older women's perspectives and strategies for aging well, and to encourage others to adopt a positive attitude towards aging.

****Please note that this session will not be recorded or uploaded to our website.**



Learning Outcomes:

- Gain an awareness for aging in an Indigenous Community
- Learn about three (3) themes (balance in life, kinship, and resilience) that came out of the strength-based research and how they relate to aging well
- Learn about strategies for aging well related to the Medicine Wheel

Speakers:

Luwana Listener is a community-based researcher presenting on behalf of the Sohkitehew (Strong Heart) Research Group. Luwana has over nine year's experience working with and for Maskwacîs on various projects related to aging, maternal health and healthy families.



Target Audience: Anyone interested in learning about aging in an indigenous community

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=21814>

To access this session from zoom:
<https://fntn.zoom.us/j/83433243177>
Meeting ID: 834 3324 3177
Passcode: 911288

Please select "join meeting as an Attendee", once logged-in

To access this session from an audio line:
1-587-328-1099
Meeting ID: 834 3324 3177
Passcode: 911288



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



@FIRSTNATIONSTELEHEALTHNETWORK

To join via internet browser

1. Please click the link below to join the webinar:
<https://fntn.zoom.us/join>
2. Enter Meeting ID: 834 3324 3177
3. Passcode: 911288
4. Click the option "click here" (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

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: 834 3324 3177
3. Passcode: 911288
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.