

Assessing the Impacts of Makoyoh'sokoi, a Wholistic, Physical Activity Based Wellness Program for Indigenous Women

March 18, 2026

10:00-11:30am MT

We will introduce our program, Makoyoh'sokoi (MKS), including our guiding philosophies and mechanisms of the program. We will then explain photovoice, a qualitative research method, used to evaluate the program. We will then explain the 7 major themes found in our evaluation, being, self-realization, self-awareness, improved personal wellness, social support, cultural support, hope, and gratitude. We will conclude the presentation sharing future directions of MKS.



Learning Outcomes:

- By the end of this presentation learners will be able to explain the need for creative and accessible health promotion resources for Indigenous women
- By the end of this presentation learners will be able to explain what the Makoyoh'sokoi program is
- By the end of this presentation learners will be able to explain at least 2 benefits of photovoice as an evaluation tool
- By the end of this presentation, learners will be able to explain at least 4 findings of the Makoyoh'sokoi photovoice evaluation

Speakers:

Loretta Tuttau (Apeetigosan nehiyaw Iskwew, Métis Cree woman) is from Amiskwacîwâskahikan (Edmonton), originally from Bonnyville, and now lives in Mohkinstsis (Calgary). Since the beginning of Makoyoh'sokoi, she has served in multiple roles including Facilitator, Advisory Circle Member, Research Circle Member, Facilitator Lead, and Hub Manager. Loretta is a Child and Youth Care Worker with more than 25 years of experience in the social work field and is committed to wholistic, community-rooted wellness for Indigenous people.

Amanda Keay is a Cree/Métis professional from Treaty 8 Territory with 15+ years of experience developing culturally informed programs that strengthen connection between Indigenous communities and government systems. She supported Makoyoh'sokoi as a Facilitator for the Edmonton and Virtual programs and as a Community Lead, providing mentorship and guidance to facilitators on the ground. Now a member of the Advisory Circle, Amanda brings strengths-based, culturally responsive insight grounded in Indigenous ways of knowing, Elders, and community priorities.



Target Audience: This presentation will be suitable for the general public. Healthcare providers and community partners focused on supporting general health and wellbeing are encouraged to join the conversation.

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