



Kitty R. Lynn Lickers



Mariah Gladstone, IndigiKichen



Lauri McLeod Shabogestic



Grandmother Renée Thomas-Hill, Elder



Perry McLeod Shabogestic



Wendy Hill



Matthew Commandant

# Honouring Our Traditional Foods Annual Event

A virtual event aimed at honouring traditional foods and their nutritional benefits while highlighting the sacred balance of holistic healing, health and wellness. In this event, IDHC brings together knowledge holders to present their experiences and wisdom on all aspects of Traditional foods, diabetes wellness and Indigenous holistic health. All are welcome.

**Day 1: Thursday, October 14, 2021      Time: 9:30 a.m. to 2:30 p.m.**

**Day 2: Friday, October 15, 2021      Time: 9:30 a.m. to 2:30 p.m.**

**Registration:**

<https://soadi.wufoo.com/forms/honouring-our-traditional-foods-2021-registration/>