

Lessons Learned from Participation in an Aboriginal Women's Wellness Group



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In the Beginning.....

- Invited by Aboriginal Women's Wellness to talk about Breast Cancer
- Subsequently asked to help with other conferences
- Formed Women's Wellness Group – Wellness Champions



Women Supporting Women



- Matriarchal Society
- Women as caregivers- no time for themselves
- Finding ways to support the women in their communities through education and wellness experiences

Pampering and Wellness



Massage

Acupuncture



Reiki



Mary Kay Cosmetics

Remember the Children



Transportation....



Don't assume people
have access to
transportation



Learning Through Art



Commitment

- To stay connected
- Not to 'parachute' in programs
- Involve community members – get their input and support
- Remember opinions of the elders



'Hands of Friendship'

Button Blanket Wall Hanging



Questions.....

