
We are honoured to feature mite achimowin (Heart Talk): First Nations Women Expressions of Heart Health, a study featuring the stories of six First Nations women from across Manitoba for one week. Over this period, the women participated in learning circle discussions to explore and express their experiences related to their own heart health or caring for a relative with a heart health issue. From these discussions, the women produced digital stories (3–5 minute videos) touching upon various themes affecting First Nations heart health including: transitions from traditional to westernized lifestyles and diets; the trauma of residential schools; racism; access to medical care; culturally unsafe health care; subjugation of culturally-rooted medicines, and economic and geographic marginalization.

TO ATTEND THIS FREE EVENT, PLEASE REGISTER AT: UMANITOBA.CA/KINREC/HLHPRI/RESEARCHDAY.HTML

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