



Smoke Signals

All Nations Social Group Event

UNBC Northwest Terrace Campus

4837 Keith Ave | Terrace, BC

**Everyone welcome! Unlimited seating
for NOON-HOUR TALKS (12:00–1:00pm).**

Limited seating (16) for WORKSHOPS (1:00–3:00pm) CALL: 250-615-3328!

Winter Wellness Series

**Noon-Hour Talks (Free) &
Two-hour Wild and Traditional
Medicine Workshops* on**

Dec 8, Dec 15, & Dec 22

Are you interested in wild and traditional medicines? Would you like to learn more about keeping you and your family well this winter using locally harvested wild medicines and preparations? If YES, please join us for these upcoming events!

~ Noon-Hour Wild Medicine Talks (3)

Series: Dec 8, Dec 15, & Dec 22, 2016 (Thurs)

Place: UNBC Terrace Campus – Room 103/147

Time: 12:00 pm – 1:00 pm (FREE)

~ Traditional Medicine Workshops (3)

Series: Dec 8, Dec 15, & Dec 22, 2016 (Thurs)

Place: UNBC Terrace Campus – Room 103/147

Time: 1:00 pm – 3:00 pm (By Donation/Trade)

*** Cost of materials & honorariums are by donation or trades**

*** RESERVE ONLINE: <http://unbcwinterwellness.eventzilla.net>**

OR CALL 250-615-3328 - Limited to 16 participants



Nass Valley Wild Medicine Workshops are facilitated by Megan Oleson, Renee Morven, Morris Watts and guests, sharing their traditional knowledge, experience, and preparations. The workshops include making **GIFTS OF HEALING!**

Contact info: Marian Kotowich-Laval, UNBC Terrace
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Special thanks to our sponsors! UNBC Aboriginal Services | Smoke Signals |
Skeena River Métis Community Association | Nass Valley Wild Medicine



Nass Valley Wild Medicine began in 2012 in Laxgalts'ap. Our collective came together to learn, to identify, and work with traditional and wild medicinal plants. We host workshops, arrange plant walks, and make medicine for people.

Our priority is to support people who have the desire to learn the skills of working with plants ethically and respectfully, harvesting, and medicine making.

We sell and trade our products and services on a sliding scale to address the growing demand for low cost effective herbal and traditional remedies to promote health and wellness. Inquiries are welcome!

We welcome your interest and invite you to join our Winter Wellness Series and our monthly meetings.”
Megan Oleson, Clinical Herbalist & RNC.

Facebook

[nassvalleywildmedicine](https://www.facebook.com/nassvalleywildmedicine)

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