

Indigenous Wellness Gathering

Saturday March 9th, 2023
 Fond du Lac Tribal and Community College
 Agenda

Time	FDLTCC Commons	Room 230	Room 256	Room 187	FDLTCC GYM
8:00 a.m. to 8:35 a.m.	Registration, light healthy breakfast				
8:35 a.m. to 8:50 a.m.	Opening and welcome ceremony with Elder Ricky DeFoe and Miziwekamiikinang Drum.				
8:50 a.m. to 9:00	Break				
9:00 a.m. to 11:00 a.m.	Taste tea with Phil DeFoe Bangii Niimiwin (A little dancing) with Teague Goodsky	Yoga, Body and Mind with Victoria Marie, Indigenous Lotus.	Massage with Laura Fredrickson-Gosewisch, Vital Ground Farm		Baaga'ado wewin (traditional Lacrosse) with Tom Howes
10:00 a.m. to 11:00 a.m.	Giinawiind Giginitaawigi'gomin Youth Program, table with activities for children's		Massage with Laura Fredrickson-Gosewisch, Vital Ground Farm	Painting Live With....Karen Savage-blue	Baaga'ado wewin (traditional Lacrosse) with Tom Howes
11:00 a.m.	Visit the vendors and information tables				
11:30 a.m. to 12:30	Plenary speaker Denee Bex: Nourishing Our Future: The Power of Indigenous Foods in Sustaining Health, Culture, and Community.				
12:35 a.m. to 12:45 a.m.	T-shirt Indigenous Wellness Gathering				
12:30 p.m.	Lunch with Native Chef Brian Yazzie, Intertribal Foodways.				
1:10 p.m. to 1:25 p.m.	Deliah Savage, Baby Cakes Wild Rice Bakery				
1:25 p.m. to 1:30 p.m.	Travel song with Miziwekamiikinang Drum.				

Information Tables and vendors:

- ✓ Debra Smith, First Foods & Seeds
- ✓ Victoria Johnson, Indigenous Lotus
- ✓ Denee Bex, Tumbleweed Nutrition
- ✓ Kelsey Myhre, Sustainability Coordinator, Composting Resources and Demonstration.
- ✓ Samantha Martin Health Educator | MDH Tribal SHIP & Tobacco Coordinator FDL Human Services Division
- ✓ Jacob Dunlap, Woodland Harvest
- ✓ Nikki Crowe, Extension Educator, Family Resiliency - American Indian Communities Regional Office Cloquet
- ✓ Kayla Jackson, Giinawiind Giginitaawigi'gomin Youth Program
- ✓ Kayla Jackson, American Indian Community Housing Organization (AICHO)
- ✓ Dave Wise, Native Wise LLC
- ✓ Shala Topping, Tagwii Recovery Center
- ✓ Benson's Pretty Little Things
- ✓ Fond du Lac Tribal and Community College Environmental Institute

Nourishing Our Future: The Power of Indigenous Foods in Sustaining Health, Culture, and Community.



Denee Bex is an award-winning Registered Dietitian from the Diné (Navajo) Nation and is an advocate for healthy diets which include cultural foods without judgement in Native communities. She is the Charcoal Streak Division of the Red Running Into Water clan and born for the Coyote Pass People. She received her Bachelor of Science in Nutrition from Arizona State University in 2011, a Master of Public Health with a focus on community health education in 2017 from New Mexico State University and is a Certified Diabetes Care and Education Specialist. She completed her dietetic internship with Wellness Workdays, which helped her realize the power of entrepreneurship. She received her registration status and licensure in 2018. She has worked in Native communities for over 10 years and recognizes and understands the challenges and barriers to equitable health and focuses on providing inclusive nutrition education for her Native community. Denee is the owner and founder of Tumbleweed Nutrition LLC, a nutrition education consultant company that aims to provide inclusive and evidence-based nutrition consultations for organizations and farms which honors American Indian history and heritage.

Contact Info (you have permission to tag me for social media)

Website: tumbleweednutrition.com

Instagram: @tumbleweed_nutrition; link: https://www.instagram.com/tumbleweed_nutrition/

LinkedIn URL: <https://www.linkedin.com/in/denee-bex-mph-rd-ld-cdces-701b68136>

Facebook: Tumbleweed Nutrition; link: <https://www.facebook.com/TumbleweedNutrition/>

Email: Denee@tumbleweednutrition.com

Painting Live with Karen Savage-blue Wild Medicinal Plants (of Minnesota)



Karen Savage Blue is an experienced artist and educator with a passion for both painting and teaching. With over 30 years of teaching experience, she has worked with students of all ages, from young children to the elderly. As an Art Instructor at FDLTCC, she has led numerous painting sessions, including interactive “paint along” classes. Her ability to engage with groups and provide informative answers related to the arts makes her an ideal leader for creative projects. She is excited to share her expertise and inspire creativity during this hands-on painting session.

Project Overview: “Exploring Minnesota’s Medicinal Plants”

Description:

In this engaging workshop, **Karen Savage Blue** will guide participants through the creation of a beautiful landscape painting featuring Minnesota’s native medicinal plants and wildflowers. The focus will be on capturing the natural beauty of these healing plants on paper. Participants will leave with their own unique artwork celebrating Minnesota’s natural flora.

Details:

- **Project Theme:** Medicinal Plants and Wildflowers
- **Medium:** Watercolor and gouache
- **Canvas Size:** 5x7 inches
- **Supplies:** All necessary materials will be provided.

The workshop is open to all, including children. The room can accommodate up to 20 participants.

Yoga, Body and Mind with Victoria Marie



Victoria Marie is an enrolled member of the Sisseton-Wahpeton Oyate, Santee affiliated, and was born and raised on her ancestral homelands in Mni Sota (Minneapolis, MN). She is the owner of Indigenous Lotus, launched in 2017, with the intention to support indigenous relatives in healing through movement practices and knowledge sharing. As a mother and dedicated student and practitioner, Victoria is a 500-hour + 300-hour certified Yoga Instructor, Yoga of 12-Step Recovery Leader, and holds a degree in business administration. Recently, in the last year, Victoria has become a certified doula, Indigenous Lactation Counselor, board member for Nitamising Gimashkikinaan, and is the Maternal and Child Health Admin Manager at Division of Indian Work.

Prior to Indigenous Lotus, Victoria's background includes direct youth work within the community for Native American/ Indigenous non-profit organizations in Minneapolis and Saint Paul since 2010. Her work has led her to teach and speak around the nation about movement and the importance of holistic approaches to self-healing.

[Collective \(indigenoulotus.com\)](http://indigenoulotus.com)

Yoga mats are provided, limited to 30.

Laura Fredrickson-Gosewisch



Laura Fredrickson-Gosewisch is a clinical massage therapist and vegetable grower that specializes in body care for the unique challenges of farming. Laura has practiced massage for 13 years and has farmed for 8 years; her approach to body care is simple, practical, and rooted in reverence for our bodies as part of nature. She will be providing 10-minute chair massages with 5 minutes of consultation time.

[About - Vital Ground Farm](#)

[Consider Laura](#)

Lunch with Native Chef Brian Yazzie, Intertribal Foodways.

[Intertribal Foodways | Saint Paul MN | Facebook](#)

MENU

Proteins

- Sage & Herb Roasted Turkey
- Cedar Slow Cooked Bison

Sides

- Three Sisters Salad
- Seasonal Greens

- Wild Rice Pilaf

Onions, Carrots, Parsley

- Sweet Potato Mash

Desserts:

- Seasonal Fruit Platter

- Maple Cornbread

Mixed Berry Sauce, Pumpkin Seeds

Tea:

Cedar and Maple Tea