



DIGITAL STORIES OF MANITOBA FIRST NATION WOMEN'S EXPRESSIONS OF HEART HEALTH

MITE ACHIMOWIN

You're invited Research Day 2018, a showcase of made-in-Manitoba health, leisure, and human performance research.

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.

TUESDAY, MAY 8 | ACTIVE LIVING CENTRE AGORA - UNIVERSITY OF MANITOBA

11 A.M. - 12 NOON

Viewing of the digital stories & presentation from mite achimowin principal investigator **Dr. Annette Schultz** - ALC Agora

1 - 2 P.M.

Discussion forum featuring mite achimowin storytellers: **Mabel Horton**, a member of Nisichawayasihk First Nation (Nelson House); **Eliza Beardy** is Oji-Cree from Wasagamack First Nation in Island Lakes; and **Virginia McKay** is Saultaux and lives in Berens River First Nation - 220 Applied Research Centre

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