

Food is Medicine

Wellness Campaign

About the Campaign:

Join the First Nations Health Authority (FNHA) for this enriching Food is Medicine series, beginning March 5, 2025, by joining sessions hosted via Zoom. March is National Nutrition Month, and FNHA is holding our annual "Food is Medicine" wellness campaign. This month we will continue to build off the amazing food sovereignty work that communities have done and continue to do. We will be celebrating Food is Medicine Month by hosting virtual webinars featuring innovative food security and food sovereignty initiatives led by Indigenous food leaders from across BC.

How to Register:

Register through the individual Zoom links provided below. Registration is required, and the event information will be sent via email upon registration. If you have questions about registration, please contact food@isparc.ca.

Weekly Topics

1 March 5, 2025 at Noon
Tea Creek Farm with Jacob Beaton

2 March 10, 2025 at Noon
Nuu-chah-nulth Youth Warrior Family Society

3 March 12, 2025 at Noon
Kwakiutl Community Garden & Traditional Food System
and Stellat'en's Shunk'et Garden



First Nations Health Authority
Health through wellness



I-SPARC
Move | Play | Compete

Indigenous Sport,
Physical Activity &
Recreation Council

