



## Food is a Pathway

“When people are in their most vulnerable places, like a hospital, providing something that they feel in their heart, can provide healing.” – Jessica McLaughlin, Long Lake #58 First Nation

Food is fundamental to our well-being. Food is medicine. We invite you to join us on a Learning Journey about the power of Indigenous Foodways as a pathway to reconciliation and health.

Get involved:  
[NourishLeadership.ca](http://NourishLeadership.ca)



**NOURISH**

The future of food  
in health care.