




# Joseph Pitawanakwat

## Plant-Based Medicines – Mental Health



Join us as Joseph Pitawanakwat (Traditional Knowledge Keeper) from Creators Garden will share his extensive knowledge on plant-based medicines.



This month his focus will be on mental health. He will help us identify and respectfully harvest some of the traditional medicines that surround us and are here to help us on our wellness journey.

First Peoples Indigenous Centre CFCE 141

November 12th – 10:00 am to 3:00pm

Drop in when your schedule allows

