

First Nations Health & Wellness Summit

The CHANGE Program Meets Land-based Activity and Food Sovereignty

MaryLou McKay

Elder and Matriarch in the Nisga'a Valley

April 4, 2023



Land Acknowledgement

We are grateful to have the the opportunity to co-create and share CHANGE Program learning across Canada, the home to many diverse First Nations, Inuit and Métis peoples. We honour the land and Indigenous presence which dates back over 10,000 years.

The Effects of CHANGE





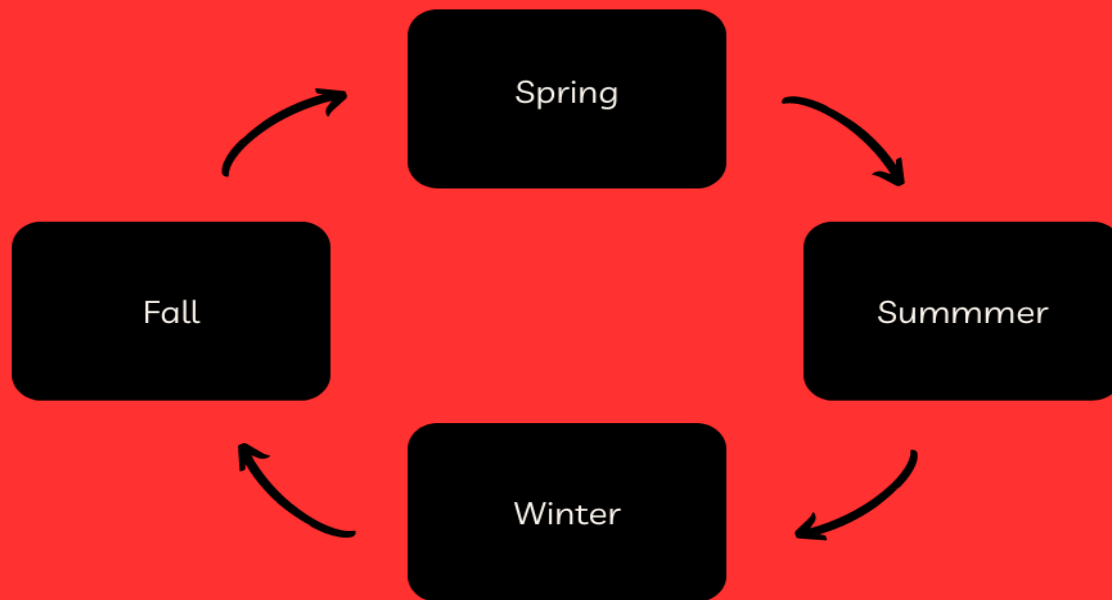
My History



Understanding my Community



Traditional Foods





CHANGE

BRITISH COLUMBIA

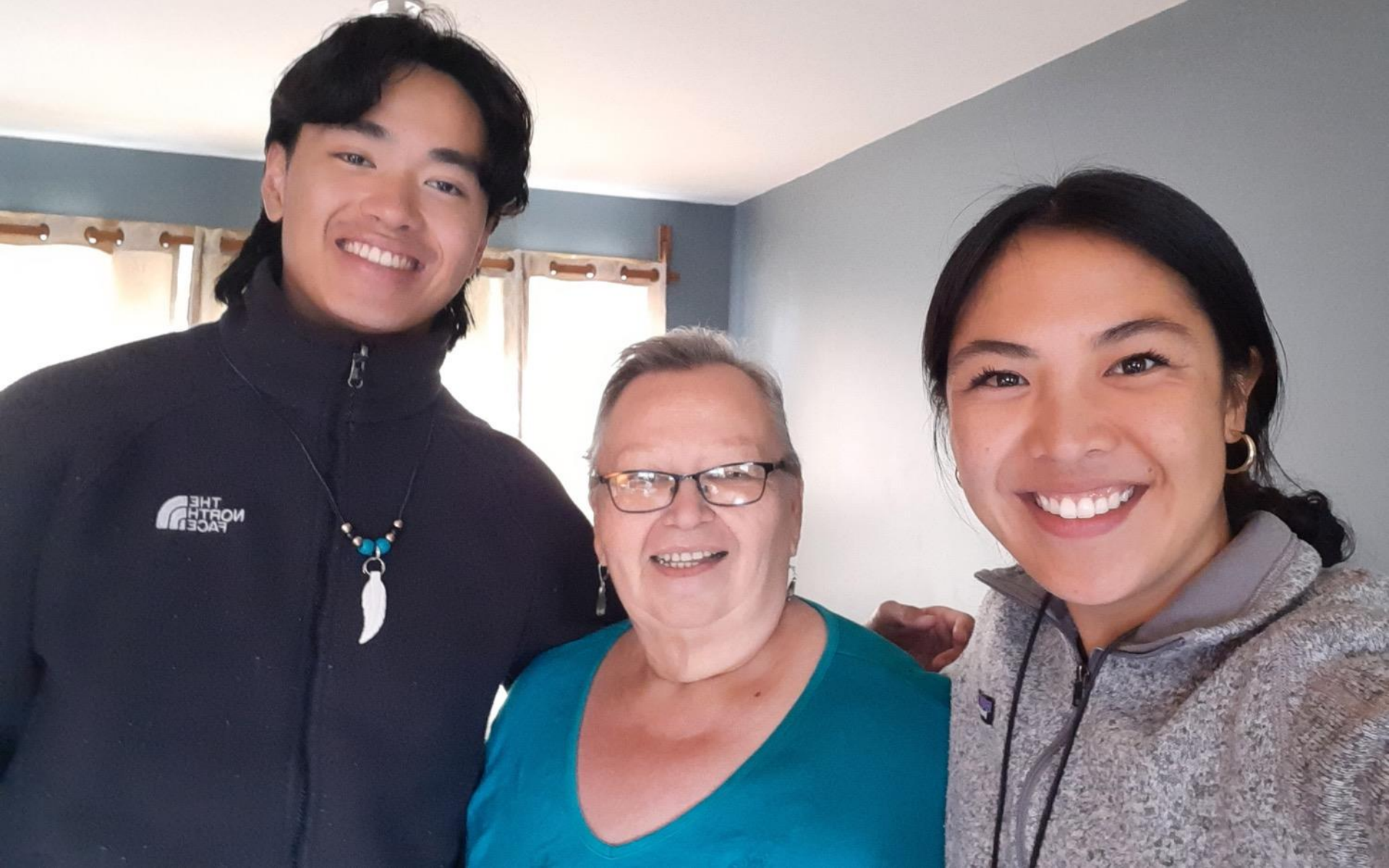


“Change is good,
but it’s not always easy.”

- Chief Moses McKay

Getting started





**What CHANGE BC
has done in my life.**



















1/2 Smoked split sockeye.

Date/Fecha:

Content(s)/Contenido:

Date/Fecha:

Content(s)/Contenido:

Date/

FoodSaver

FoodSaver



T'ooyaksiy' nisim'

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