

First 30 minutes:

1. Welcome Song and speaking in Kwakwala (Vera)
2. Sanala Research Team: History, current and future projects (visual images, limited text) using powerpoint slides
3. Dialogue and Q&A with participants about the work we are doing, ways of collaborating with other communities, and our emerging model of health promotion within rural BC First Nation Communities.

Last 60 minutes:

4. Show Sanala DVD and parts of the fishing scene from "We are One with the Land": Ancestral Territories and Health Promotion
5. Shift into experiential mode: Bring participants into a learning and sharing that is Gawalapa
- Gratitude ceremony, blanket making, language
6. Closing: Gratitude and thanks (Vera)