

# SYILX WOMEN'S WELLNESS GATHERING: snaqsilx<sup>w</sup>

MARCH 30, 2022 | 10:00 AM TO 3:00 PM

PENTICTON TRADE AND CONVENTION CENTRE | AVAILABLE VIRTUALLY

## TIME SESSION/ACTIVITY Agenda - Day 1

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|----------|--|---|
| 10:00 am | <p>➤ <b>Opening</b></p> <p>Welcome<br/>Opening Prayer<br/>Opening Remarks</p>  |  |
| 10:15 am | <p>➤ <b>Keynote: Brenda Baptiste - Syilx Women's Leadership and Success</b></p> <p>As a member of the Osoyoos Indian Band, Brenda graduated as a Registered Nurse specializing in Indigenous health with a focus on community development, and worked with the Osoyoos Indian Band in the area of community health. And is currently working with Penticton Indian Band to develop and implement a community based and culturally centered approach to Mental Health and Substance Use programming.</p>  |   |
| 11:15 am | <p>➤ <b>Ground and Root Ourselves with Okanagan Dance - Aimee Lezard and Jordan Bower</b></p> <p>Aimee and Jordan will demonstrate the Okanagan Dance and conduct a step-by-step tutorial. Movement and rhythm, especially while practicing traditional activities are been known to increase those feel good endorphins, alleviate stress, assist with self-regulation and to provide a sense of connection and medicine to ourselves.</p>  |   |
| 12:00 pm | <p>➤ <b>LUNCH</b></p>  |   |
| 1:00 pm  | <p>➤ <b>Sharing Circles</b></p> <p>Open dialogue held for feedback and community engagement to discuss the roles and responsibilities in keeping our communities safe and healthy. It is a safe space for folks to share openly and to discuss women's issues freely, developing a spirit of comradery and nationhood.</p>   |   |
| 2:00 pm  | <p>➤ <b>snaqsilx<sup>w</sup> Traditional Medicine Bundles - smukaxen</b></p> <p>Join us in welcoming smukaxen Inez Pierre to help us make our own traditional medicine bundles to promote healing using our own medicines from the tmix<sup>w</sup> and tmx<sup>w</sup>ulax<sup>w</sup>. This session is hosted in partnership with the Family Decision Making program which is dedicated to ensure Syilx ways of being are enacted and support the journey of taking care of self, so we can take care of others and our communities.</p>                             |   |
| 3:00 pm  | <p>➤ <b>Closing Remarks</b></p>  |   |
| 6:00 pm  | <p>➤ <b>Keynote: Andrea Menard - Decolonizing Wellness through Sacred Feminine Practices</b></p> <p>Andrea Menard is an accomplished Métis singer-songkeeper, speaker, author, and founder of the Sacred Feminine Learning Lodge. Andrea dedicates her life and work to empowering both the Indigenous and the Feminine voice through song, story, activism, training, and healing. Andrea is an influencer in Feminine leadership and was named one of WXN Canada's Most Powerful Women: Top 100 in 2020.</p> <p>*EVENING KEYNOTE WILL ONLY BE OFFERED VIRTUALLY.</p> |   |

**For more info, please contact:**  
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**You Empowered Strong:**  
The YES program provides community awareness, education and training as well as resources on de-normalizing violence and sexual violence as one of the key steps to create change and change behaviours.