

“Beauty and the Bush” Wellness Programming

The College of New Caledonia (Nechako) is pleased to offer “Beauty and the Bush” wildcrafting and plant medicine-making programs from the end of April until mid-June. Funding for this programming is made available the Indigenous Sport and Recreation and the Health Arts Research Centre (UNBC). There is no cost to program participants.

Some of the planned activities include learning about traditional land stewardship and ethical gathering of plant medicines, making a simple drying rack and gathering plant medicines. Planned plant medicine projects* include: devil’s club oil, wild rose lip balm, plantain/pineapple weed salve, health tea and headache rollers.

Based on Indigenous principles of generosity, participants will make medicines to both give away and to keep for personal wellness.

The program is available to up to ten adult participants in two programs and will be based at the college campuses in Fort St. James and in Vanderhoof. Limited childminding will be available to participants. Participants must be able to walk on uneven terrain and to bend and lift buckets.

Participants must follow provincial guidelines for Covid safety for post-secondary institutions including staying home if sick, daily health checks, wearing masks, social distancing and frequent handwashing. For more information: <https://cnc.bc.ca/about/campus-notifications/health-safety>.

Pre-registration is required; please register early to avoid disappointment.

In Vanderhoof, the program will run on Tuesdays from 3:30-5:30 pm from April 27 to June 15th.

To register, please call 250-567-3200 or toll-free: 1-877-567-3270 or email:

nechako@cnc.bc.ca.

In Fort St. James, the program will run on Wednesdays from 3:30-5:30 pm from April 28 to June 16th.

To register, please call 250-996-7019 or toll-free: 1-800-371-8111 ext 7101 or email:

cncfsj@cnc.bc.ca.

(*Projects may vary due to the availability of different plants this season.)



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