

Indigenous Health

FALL 2018 SPEAKER SERIES

Wednesday, November 21, 2018

12:30 - 1:30 pm

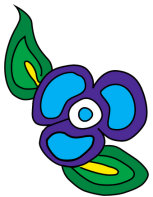
HLTH E1130

Nov
21



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ahkameyimok: Resilience



In the Plains Cree language ahkameyimok means “never give up, keep on going, persevere”. In this session we will discuss the Five Ws and H (What, Who, Where, When, Why, and How) related to ahkameyimok and explore ways to enhance personal resilience.

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