



Lakehead
UNIVERSITY

Centre for
Education and Research
on Aging & Health



Indigenous Peoples' Health & Aging Workshop Series

This session builds upon key learnings from the Palliative Care for Front-Line Workers in Indigenous Communities Workshops. It is a continuation from Module 7: Helping Relationships and Self-Care

CARING FOR OURSELVES: THE IMPORTANCE OF MAKING US A PRIORITY

LEARNING OBJECTIVES

- Explore the importance of wellbeing and self-love
- Discuss the relevance of "connection"
- Examine how we can support others in the work that we do

PRESENTER: KIMBERLY RAMSBOTTOM



Kimberly Ramsbottom completed her Masters of Social Work with a specialization in Gerontology at Lakehead University. She is a member of the CERAH facilitation team for the *Palliative Care for Front-Line Workers in Indigenous Communities and Learning Essential Approaches to Palliative and End of Life Care in Indigenous Communities* workshops.

This session will be supported by an Elder

MARCH 8, 2023

1:00 - 2:30 (EST)

Register in advance
for this meeting.
([click here](#)).



knowledge collaboration action

INTERESTED IN MORE? VISIT: [CERAH.LAKEHEADU.CA/EVENTS](https://cerah.lakeheadu.ca/events)

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