We would like to invite you to the summer UNL Indigenous Wellness Circle Event. We will be serving a nutritious breakfast along with presentations on Indigenous worldviews, food nutrition, and plant medicines.

AGENDA
- Prayer and Breakfast
- Traditional Worldviews
- Nutrition Education
- Medicinal Plants

GUEST PRESENTER: MEDICINAL PLANTS
JAMIE SMIDT-FOWLER
Jamie graduated from the University of Montana where she obtained a degree in Environmental Studies with an emphasis in Prairie Restoration and a minor in History. After attending UM, she studied herbal medicine at the Missoula Meadowsweet Herbs School. Jamie has an interest in all things plants; her greatest passion is for native medicinal species.

EVENT DETAILS
Date: August 6, 2022
Time: 9am - 12pm
Location: Douglas/Sarpy Counties Extension Office, 8015 West Center Road, Omaha, NE 68124

REGISTRATION
Visit go.unl.edu/unl-indigenous-wellness-circle-event-registration to register or scan the QR code.

CONTACT INFORMATION
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For more information, visit nativecoalition.unl.edu.