

PLEASE JOIN US FOR THE
SUMMER SESSION OF THE

UNL Indigenous Wellness Circle

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

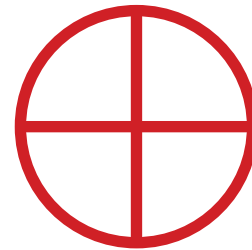
- Prayer and Breakfast
- Traditional Worldviews
- Nutrition Education
- Medicinal Plants

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.

Medicinal Plants with Guest Presenter:
Jamie Smidt-Fowler

Growing Your
Own Food



Indigenous
Worldviews

Nutrition & Wellness

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.

