



**First Nations Language Keepers Gathering
Workshop
Daphie Pooyak**

Title: Traditional Medicines

Presenter: Daphie Pooyak

Biography: Daphie Pooyak is Nakoda/Cree from Sweetgrass First nation. She is a traditional teacher and storyteller. She has hosted a free camp for the past 10 years to re-teach people how to live off the land. Over the course of 20 years, she has worked as a professional educator specializing in elementary and cultural education. She is the mother of four children and one grandchild.

Abstract: This workshop will cover natural medicines and gathering protocols. Participants will gain an understanding of 50 different plants and their relationship to humanity. It will also teach equality and the search for understanding our individual purpose in our walk of life. This is a traditional land based opportunity.

Learning Outcomes: Participants will:

- Begin to understand traditional medicines.