

Return to First Medicines & Food Sovereignty Conference

Day 1: Food Medicine

Monday, September 12, 2022

Registration: Open at 7:30 am

Time	Event	Description	Who	Location
7:30-8:15	Breakfast			Main Ballroom
8:30-8:45	Opening	Opening prayer-		Smudging
8:45-9:00		Tribal Representative- Welcome	Tribal Chair,	Main Ballroom
9:00-9:45		Keynote: Food Sovereignty	Sharon Day	
10:00-10:45		The art of science of traditional Cherokee foodways	Melissa Lewis	Main Ballroom
11:00-11:30		Ice Breaker – Speed Networking	Nicole Sutton	Main Ballroom

Lunch-12:00-1:00 Main Ballroom

Monday afternoon breakouts: 1:15-2:30

	Session Title	Presenters	Location
1a	Food Really Is Medicine: Eating for Mental, Emotional, Physical and Spiritual Health	Linda Black Elk	Isanti 2
1b	Indigi-Baby Farm in the making, past and present	Nathan Berglund, Nicole Christian, Mike Neumann, & Razi Payne	Isanti 3
1c	Mino-Wiisiniwiin	Pam Gokey-AIFC	Isanti 1

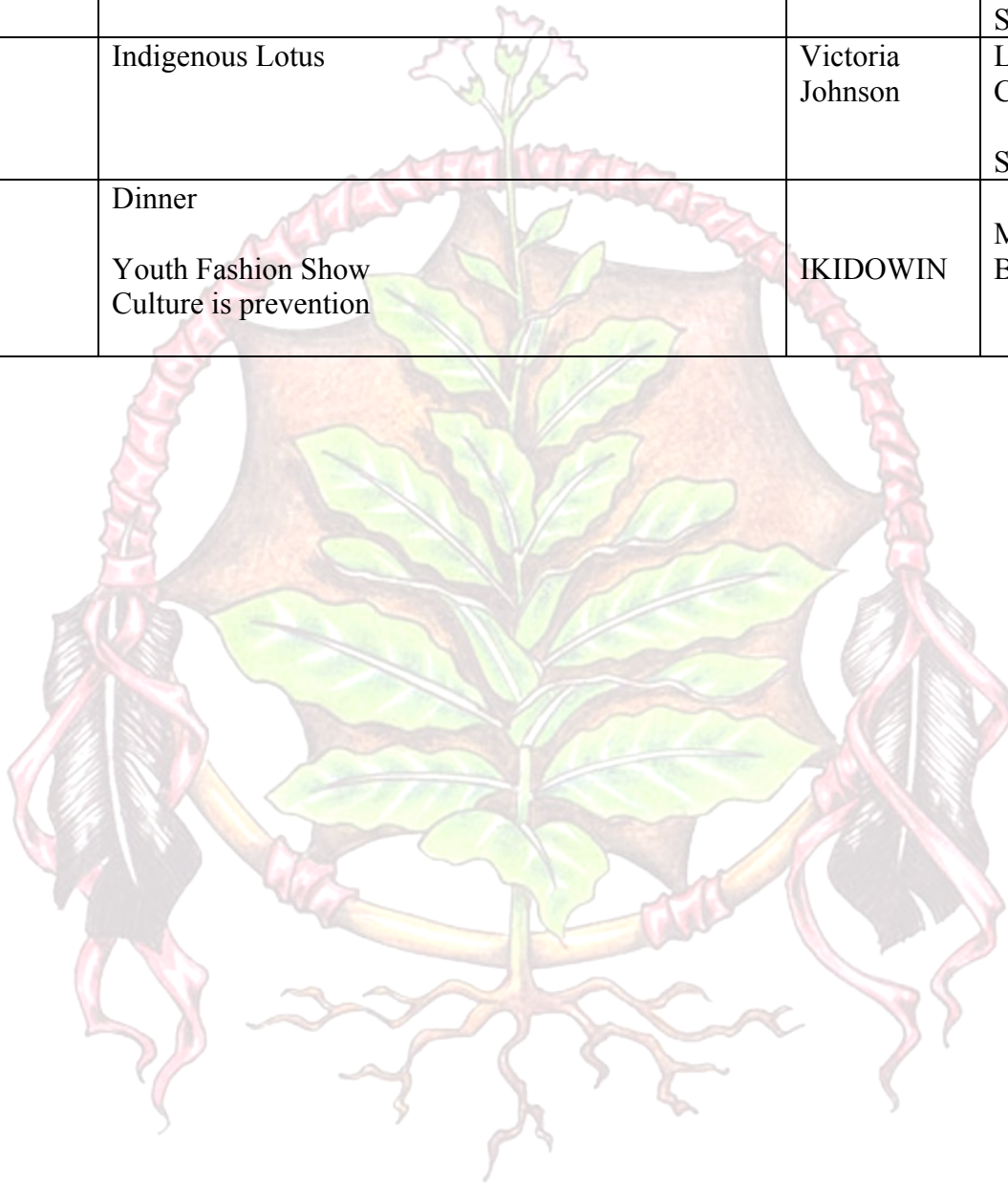
Monday afternoon breakouts: 2:45 to 4:00

	Session Title	Presenters	Location
2a	Eating Our Way to Better Emotional Health Balance During Stressful Times	Dr. Terry Maresca	Isanti 2
2b	Great Lakes Region; Cooking with Purpose: Derek Nicholas, Red Cliff Band Ojibwe, Founder of Wiisinig LLC and Nutrition Program Coordinator at the Division of Indian Work. Join Derek for an indigenous cooking demo and hear about his journey within the food systems.	Derek Nicholas	Isanti 1

2c	Healing with Healthy Food, Fasting and Meditation!	Dr. Kalidas Shetty,	Isanti 3
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Monday-Evening

1:00 – 4:00	Healing Room	Gio Cerise & Sigwan Rendon	Little Crow Smudging
4:30- 5:30	Indigenous Lotus	Victoria Johnson	Little Crow Smudging
6:00-7:00	Dinner	IKIDOWIN	Main Ballroom
7:00-8:00	Youth Fashion Show Culture is prevention		



Day 2: Wellness & Mental Health

Tuesday, September 13th, 2022

Registration: 8:00am - 1pm

Tuesday Early AM Schedule

Time	Event	Description	Who	Location
7:00am	Activity	Sunrise Ceremony	Grandmothers	Outside
7:45-8:30	Breakfast			Main Ballroom
9:00-9:45	Keynote	The Origin of Plant Medicine and Other Cherokee Stories: The Healing Power of Our Relationship with Nature	Nico Albert	Main Ballroom
10:00-10:30		Body Movement	Curtis Kirby	

Tuesday morning breakouts: 10:45 – 12:00

	Session Title	Presenters	Location
3a	Healing through the sacred path of the chakras	Renee Butters	Isanti 1
3c	Reawaking your soul	Celina Gaza	Isanti 2
3d	Fun Sobriety: Adult Beverages Using (Mostly) Indigenous Ingredients for the Adventurous	Dr. Terry Maresca	Isanti 3

Day 2 Lunch-12:00-12:45 Main Ballroom

Tuesday afternoon Breakouts: 1:00–2:30

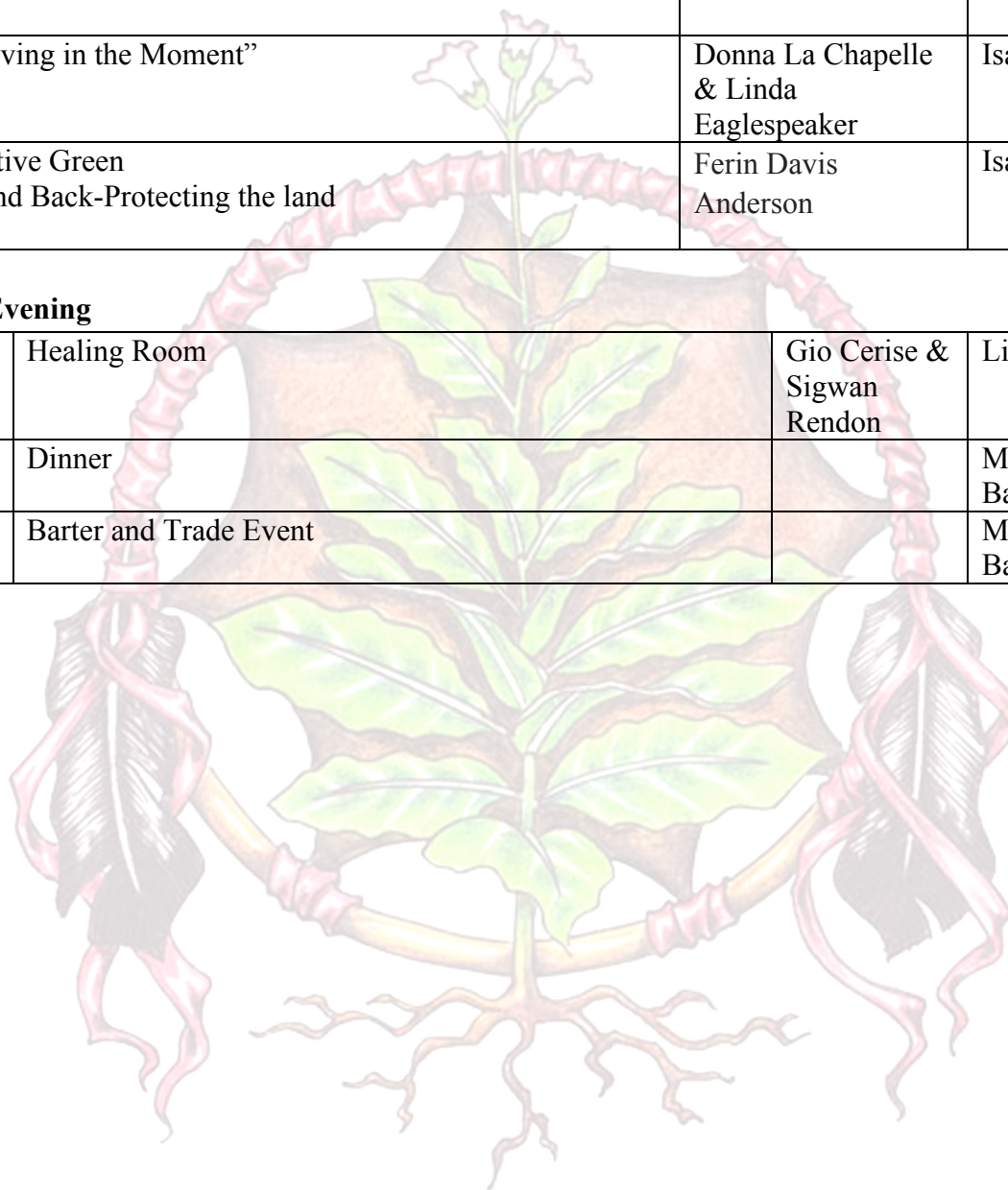
	Description	Presenters	Location
4a	Strong Men, Strong Communities + Movement is Medicine	Waylon Pahona	Isanti 1
4B	Seed saving and food sovereignty	Jeff Savage	Isanti 2
4c	12 steps program to using cultural teachings	Hope Flanagan	Isanti 3

Tuesday Afternoon Breakouts: 2:45-4:15

	Description	Presenters	Location
4a	Intuitive movement	Johanna Corpeno	Isanti 1
4B	“Living in the Moment”	Donna La Chapelle & Linda Eaglespeaker	Isanti 2
4c	Native Green Land Back-Protecting the land	Ferin Davis Anderson	Isanti 3

Tuesday Evening

4:30- 7:00	Healing Room	Gio Cerise & Sigwan Rendon	Little Crow
6:00	Dinner		Main Ballroom
7:00-8:00	Barter and Trade Event		Main Ballroom



Day 3: Putting it all together
Wednesday, September 14th, 2022
Wednesday Early AM Schedule

Time	Description	Location
7:00	Sunrise Ceremony	Outside
8:00-8:45	Breakfast	Main Ballroom
9:00-10:00	Keynote: Grief & Healing with Payton Counts	Main Ballroom

10:15-12:00

	Description	Presenters	Location
4a	7 Grand Father Teaching Evaluation “Raffle & prizes” Cedar Wipe Down	Suzanne Nash Suzanne Nash Maria McCoy	Main Ballroom Smudging

