

Return To First Medicines Gathering

DAY 1: Thursday, August 1st, 2024; Morning Plenary Sessions

Theme: *We are the medicine.*

<i>Time</i>	<i>Topic</i>	<i>Speaker</i>	<i>Location</i>
8:00-8:45	Breakfast - <i>provided</i>		Minnetonka
8:45-9:00	Opening Tobacco Ceremony	Sharon Day, Nicole Christian, Gio Cerise, Louise Matson	Minnetonka
9:00-9:15	Welcome: Fred Johnson-Emcee	Ramona Kitto Stately	Minnetonka
9:15-9:30	Introduction	Sharon Day Suzanne Nash	Minnetonka
9:30-10:00	Ice Breaker	Gio Cerise & Nicole Christian	Minnetonka
10:00-10:45	Keynote: Panel Asemaa First	Coco Villaluz, & Suzanne Nash, Matt Pendleton	Minnetonka
11:15-12:15	Keynote: Health Promotion of Indigenous Foods	Dr. Melissa Lewis	Minnetonka
12:15-1:00	Lunch - Honor Remember Our Loved ones	IPTF	Minnetonka

NOTES:

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DAY 1: Thursday, August 1st, 2024; Breakout Sessions

Theme: *We are the medicine.*

Time	Breakout 1 <i>Rm: Minnetonka 1</i>	Breakout 2 <i>Rm: Minnetonka 4</i>	Breakout 3 <i>Rm: Minnetonka 7</i>
1:00-2:00	1: Indigenous Flow to Embrace Joyful Living Presenter: Dr. Kalidas Shetty	2: Introduction to Micro-greens Presenter: Mike Neumann & Nicole Christian	3: Culture is Prevention Presenter: Sir Curtis Kirby III, Janet Sanchez, Jennifer Cortez
2:15-3:15	1: Cansayapi Wicoicage Oti-Lower Sioux intergeneration/ incubator Rec Center Presenter: Mat Pendleton	2. Food as medicine: Indigenous wisdom for cancer prevention Presenter: Melissa Buffalo	3: Indigenous Food "Tasting Tour" of the Northern Hemisphere Presenters: Dr. Melissa Lewis and Terry Maresca
3:15-3:30	Break		

DAY 1: Thursday, August 1st, 2024; Afternoon Plenary Sessions

Time	Topic	Speaker	Location
3:30-4:30	Opiates in Indian Country	Lolita Ulloa Sharon Day	Minnetonka
4:30-5:15	Closing: Live Life Powerfully	Pee Pahona & Johanna Corpeno	Minnetonka

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DAY 1: Thursday, August 1st, 2024, Individual Healing sessions

Sign up at the front desk

<i>Time</i>	<i>Topic</i>	<i>Speaker</i>	<i>Location</i>
1:00-5:00	Energy Healing Individual Sessions ***Sign up at front desk	Renee Butters Gio Cerise	Anoka

DAY 1: Thursday, August, 1st, 2024 Evening Sessions

Time	Event	Location
5:00-6:00	Dinner	Minnetonka
6:00-7:00	Barter & Trade Bring your goods to trade!	Minnetonka

NOTES:

END OF DAY 1

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DAY 2: Friday, August 2nd, 2024; Morning Plenary Sessions

Theme: *We are the medicine.*

Time	Topic	Speaker	Location
7:00-7:30	Sunrise Ceremony	Maria McCoy	Outside of the event center
7:30-8:30	Breakfast-Provided		
8:45-9:00	Welcome-	Fred Johnson & MC	Minnetonka
9:00-10:00	Keynote: Protecting The Water “Why it is important”	Sharon Day & Dr. Paula Maccabee	Minnetonka
10:00-10:45	KeyNote: A Decolonized Approach to Mental Health: Mind-Body-Spirit	Dr. Noshene Ranjbar	Minnetonka
10:45-11:00	BREAK		
11:00-11:30	Movement	Aiyana Sol Machado	Minnetonka
11:30-12:30	Hawaiian Stories Through Hula	Dr. Dee-Ann Carpenter	Minnetonka
12:30-1:00	Lunch - <i>provided</i>		Minnetonka

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DAY 2: Friday, August 2nd, 2024, Breakout Sessions

Theme: *We are the medicine.*

Time	Breakout 1	Breakout 2	Breakout 3
1:15-2:00	Rm: Minnetonka 1	Rm: Minnetonka 4	Rm: Minnetonka 7
	1: Fishbowl Ceremony Linda Eaglespeaker & Donna LaChapelle	2: “The Embrace of 2 Souls “ Fred Johnson & Don Lauren Stars Theater	3: Commercial Tobacco Trends Emily Anderson & Chris Smith

DAY 2: Friday, August 2nd, 2024; Afternoon Plenary Sessions

Time	Topic	Speaker	Location
2:10-2:40	Movement Is Medicine	Celina Mahinalani Garza	Minnetonka
2:45-3:45	Putting it all together & Grandfather Teachings	Inter-generational council	Minnetonka
3:45-Closing	Raffle Jingle Dress Ceremony Drum Group	IPTF Pam Gokey, Nelda Goodman Crow Bellcourt & Friends	Minnetonka

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