

# Return To First Medicines Gathering

**DAY 1: Tuesday, July 28, 2026 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>		
8:45-9:00	Opening Tobacco Ceremony	White Earth Tribal Chair- Michael Fairbanks	
9:00-9:15	Welcome:	White Earth Tribal Chair-Michael Fairbanks & TBD	
9:15-9:30	Introduction  Emcee	Sharon Day Suzanne Nash  Trisha Cook	
9:30-10:00	Ice Breaker  Indigenous Mind Body Medicine	Gio Cerise & Suzanne	
10:00-10:45	Keynote: Grandmothers Panel	Linda Eaglespeaker, Sharon Day, Maria McCoy, Susan Ninham	
11:15-12:15	Keynote:  Mental Health & 7 Grandfathers	James Vukelich	
12:15-1:00	Lunch - <i>provided</i>		

NOTES:

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# Return To First Medicines Gathering

**DAY 1: Tuesday, July 28th, 2026; Breakout Sessions**

Theme: *We are the medicine.*

<i>Time</i>	<i>Breakout 1</i> <i>Rm:</i>	<i>Breakout 2</i> <i>Rm:</i>	<i>Breakout 3</i> <i>Rm:</i>
<b>1:00-2:00</b>	<b>1: Mindfulness Joyful Living</b>  Presenter: Dr. Kalidas Shetty	<b>2: DNR-Tribal land Stewardship</b>  Presenter: Matt Pendleton	<b>3: Herbal Medicines for Stressful Times</b>  Presenter: Dr. Terry Maresca
<b>2:15-3:15</b>	<b>1: FishBowl-</b>  Presenter: Linda Eaglespeaker	<b>2. Plant Walk "Indigenous food &amp; knowledge systems"</b>  Presenter: Derek Nicholas	<b>3: Embracing Grief-</b>  TBD
<b>3:15-3:30</b>	<b>Break</b>		

**DAY 1: Tuesday 28, 2026; Afternoon Plenary Sessions**

<i>Time</i>	<i>Topic</i>	<i>Speaker</i>	<i>Location</i>
<b>3:30-4:30</b>	<b>Keynote:</b>	TBD	
<b>4:30-5:15</b>	<b>Closing: Movement</b>	TBD	

NOTES:

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# Return To First Medicines Gathering

**DAY 1: Tuesday, July 28th, 2026, Individual Healing sessions**

**Sign up at the front desk**

<i>Time</i>	<i>Topic</i>	<i>Speaker</i>	<i>Location</i>
2:00-5:00	Energy Healing Individual Sessions  ***Sign up at front desk	Gio Cerise & Maria McCoy  And White Earth	

**DAY 1: Tuesday, July 28th, 2026 Evening Sessions**

<i>Time</i>	<i>Event</i>	<i>Location</i>
5:00-6:00	Dinner- <i>provided</i>	
6:00-7:00	Barter and Trade & Fashion and Jewelry Swap	

NOTES:

END OF DAY 1

# Return To First Medicines Gathering

**DAY 2: Wednesday, July 29th, 2026; Morning Plenary Sessions**

**Theme: *We are the medicine.***

<i>Time</i>	<i>Topic</i>	<i>Speaker</i>	<i>Location</i>
7:00-7:30	Sunrise Ceremony	Maria McCoy	
7:30-8:30	Breakfast-Provided		
8:45-9:00	Intergenerational Tobacco Ceremony  Emcee:	Sharon Day and IPTF Youth  Fred Johnson opening	
9:00-10:00	Keynote:  Protecting The Water	Sharon Day & TBD	
10:00-10:45	KeyNote:  A Decolonized Approach to Mental Health: Mind-Body-Spirit	TBD	
10:45-11:00	BREAK		
11:00-11:30	Movement	TBD	
11:30-12:30	Language	TBD	
12:30-1:00	Lunch - <i>provided</i>		

**NOTES:**

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# Return To First Medicines Gathering

## DAY 2: Wednesday, July 29, 2026 Breakout Sessions

Theme: *We are the medicine.*

<i>Time</i>	<i>Breakout 1</i> <i>Rm:</i>	<i>Breakout 2</i> <i>Rm:</i>	<i>Breakout 3</i> <i>Rm:</i>
1:15-2:00	1: TBD Fishmongering	2: "THE SONG OF THE BREATH & THE BEATING HEART"  Presenters: Fred Johnson	3: Commercial Tobacco Trends  IPTF Youth Panel & traditional tobacco and how to empower youth voices

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

<i>Time</i>	<i>Topic</i>	<i>Speaker</i>	<i>Location</i>
2:10-2:40	Movement Is Medicine	TBD	
2:45-3:45	Putting it all together & Grandfather Teachings	Intergenerational council	
3:45-Closing	Raffle  Closing, Ceremony  Drum Group	Intergenerational council  TBD  TBD	

NOTES: