

# Miyomahcihô

## *The person is in good health*

September 16, 2022  
8:00am to 1:00pm  
Fort Langley National Historic Site  
The Big House

### Overview

On September 16, 2022, Fraser Health, in collaboration with Métis Nation British Columbia, will host Miyomahcihô (the person is in good health), the province's first Métis experiential learning opportunity for healthcare workers. This half-day workshop, from 8am to 1pm, will be facilitated by Métis knowledge carrier, Lisa Shepherd. Through storytelling, art, dance and food, learners will be guided through a unique learning journey to understand the Métis. This session will be held at the Fort Langley National Historic Site in the Big House, which has historical significance to the Métis and houses Métis trade maps. This unique event is aligned with the Truth and Reconciliation Commission's Call to Action #23 and the Province's commitment to address systemic racism in health care, as outlined in the *In Plain Sight: Addressing Indigenous-specific Racism and Discrimination in B.C. Health Care* report.

There are thirty spots available for physicians. To register, e-mail Kaitlin Atkinson at [kaitlin.atkinson@fraserhealth.ca](mailto:kaitlin.atkinson@fraserhealth.ca).

### Agenda

Activities	Time
Welcome and introductions	8:00 AM
Metis cultural displays and artwork	8:15 AM
Metis art and cultural presentation	8.30 AM
*Breaks will include a spoons exercise and jigging.	
Q&A	11:00 AM
Jigging	11:15 AM
Lunch	12:00 PM
Plant walk	12:45 PM

### Goal

☐ Engage in direct experience and focused reflection to learn about the Métis, their history and present.

☐ Experience Métis cultural displays and artwork, and learn about the history and lived experience of the Métis.

### COVID-19 safety



Masks are optional. Hand sanitizer, gloves and masks will be on available.



Do not attend if you are sick.

### Reimbursement

Further details to be provided post-session