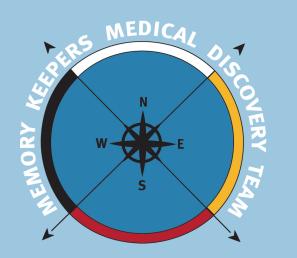
Healthy Activities in Light of COVID-19

~Recommendations from Indigenous communities and partners in the Great Lakes area~ Always follow local protocols to keep Elders, community members and communities safe

Crafts, Beading Storytelling Trapping Ice fishing Snowshoeing Tobogganing Cross country skiing Sugar bush Hunting Skating Planting seeds Fishing Walking Garden set up Harvest Seed swap programs -Wild rice Harvesting birch bark -Gardens Trapping -Medicine Fishing Fishing -Canning Swimming Foraging Gardening/harvesting Pow Wow Spending time on the water





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