Indigenous Wellness Model

Redbud Resource Group

Indigenous Wellness

Community

Environment

Relations

Body & Mind

Self-Determinism
Ceremony
Sovereignty
Education

Poverty
Unemployment
Erasure

Climate Change
Obesity
Diabetes

Depression
Historical Trauma
Domestic Violence
Therapy

Positive Parenting
Talking Circles
Community Building

Traditional Dance
Traditional Medicine
Integrative Medicine

TEK
Foods

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