

## HLSC 3300 – Traditional Aboriginal Health Concepts

**Interested in learning about health and healing from traditional Indigenous knowledge holders? This course is *unique* in Alberta.**

All lectures will be taught by First Nations, Metis and Inuit Elders, knowledge holders, herbalists and medicinal healers. The course will be coordinated by U of L instructor Ashley Amson.

**Day: Mondays**

**Time: 9:00-11:50**

**Room: M3003**



In this course you will learn about traditional health concepts **directly** from Indigenous knowledge holders. Topics will include the role of culture, language and identity in health and healing; the collective use of plants and cultural medicines; the relatedness of people, land and health; and the spiritual dimensions of holistic health; among other topics. This course will be taught once a week. In each class students will engage in reflexive, experiential learning guided by Indigenous knowledge holders.

Contact [health.sciences@uleth.ca](mailto:health.sciences@uleth.ca) for more information.

*Be sure to register soon as space is limited.*