



OUR MEDICINE

WORKPLACE WELLNESS
WORKSHOP

INVEST 2 DAYS IN YOUR MOST VALUABLE ASSET: YOU!

This immersive and empowering experience provides practical tools to integrate **Our Medicine... movement**, nutritious **food**, and a positive **mindset** into busy personal and professional lives.

Discover how lifestyle shifts rooted in Indigenous teachings, human development and Yoga philosophy can lead to a more **balanced** self.

- ✓ Renew Your Perspective On Wellness
- ✓ Create Your Personal Wellness Journey Toolkit
- ✓ Identify Stressors & Apply Mindfulness Techniques
- ✓ Experience Gentle Movement Practices
- ✓ Prepare Healing Foods & More....

WINNIPEG MB
APRIL 20 & 21, 2026
9 AM - 4 PM



1808 Wellington Ave
(204) 786-4801

To Register:



www.firehorseconsulting.ca



Mindset is Medicine



Movement is Medicine



Food is Medicine



Balance is Medicine