



Lakehead
UNIVERSITY

Department of
Indigenous
Learning

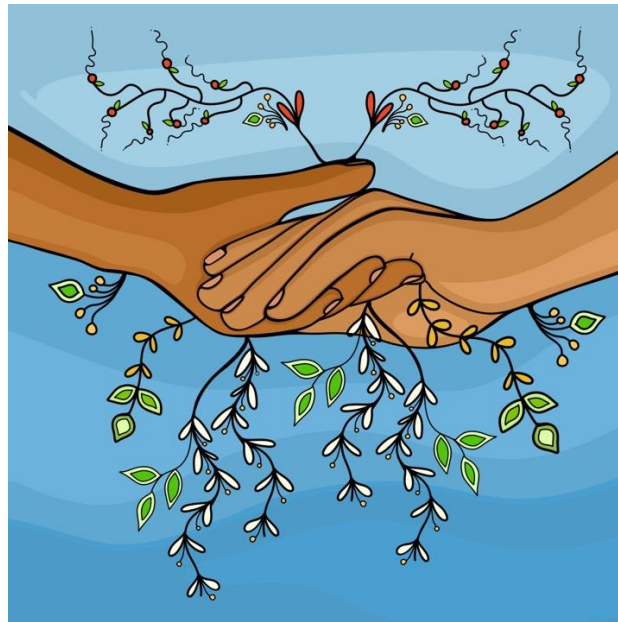
INDI-3315-WDE: Mino-Bimaadiziwin

Start Date/Duration: January 6th 2025 to April 4th, 2025

Wednesdays, 7:00pm-10:00pm (Online/Zoom)

Instructor: Maureen Gustafson

Course Description: An introduction to Anishinaabe, Nêhiyawak and Mushkegowuk conceptions of individual, family, and community health and well-being by exploring the concept of Mino-bimaadiziwin (living a good life). Students will explore key principles of Mino-bimaadiziwin, including wholism, balance, interconnection, and respect to understand historical and contemporary expressions of Indigenous health and well-being, colonial trauma, and healing.



Scan for the [IL webpage](#) above or click the link