

ILEX WELLNESS FLOWER

Inspired by the artwork “Northern Flower” by Leah Marie Dorion
A community colouring activity on Type 2 Diabetes in Île-à-la-Crosse



WHAT BELONGS ON YOUR FLOWER?

Colour, draw, or write what helps you stay healthy, well, and connected

ABOUT THE ARTIST

Leah Marie Dorion is an interdisciplinary Métis artist raised in Prince Albert, Saskatchewan. A teacher, painter, filmmaker and published writer, Leah views her Métis heritage as providing her with a unique bridge for knowledge between all people. Leah holds a Bachelor of Education, Bachelor of Arts, and Master of Arts degree. She has numerous creative projects to her credit, including academic papers for the Royal Commission of Aboriginal Peoples, books for children, gallery showings of her art works, and numerous video documentaries that showcase Métis culture and history. Leah's paintings honour the spiritual strength of Aboriginal women and the sacred feminine. Leah believes that women play a key role in passing on vital knowledge for all of humanity which is deeply reflected in her artistic practice. She believes women are the first teachers to the next generation.



ABOUT THE FLOWER

By Leah Marie Dorion

This painting represents the story of the Northern Metis Community of Sakitawak (Ile a la Crosse) and their cyclical connection to mother earth and the wonderful northern wildflowers. There is a Cart Wheel inspired symbol in the centre of the flower which represents our Metis connection to the fur trade transportation system and our First Nations roots to the medicine wheel and the four directions. The cart wheel has four directions surrounded by the yellow light of spirit, which is our foundation for good living. The smaller purple wildflowers bursting out of the central blue petalled flower and moved by the winds of change. These winds of change carry the seeds in order to bring greater healing and connection between the Elders and the youth in the north.



ABOUT THE HOPE PROJECT

The HOPE Project (Health & Optimism in Type 2 Diabetes Prevention & Education) focuses on community approaches to supporting youth health, wellbeing, and Type 2 Diabetes prevention in Île-à-la-Crosse.

The project was carried out alongside the community through conversations with youth, adults, and Elders and was guided by the Sakitawak Elders Group.

Through these conversations, six themes emerged, represented by the six petals of the flower:

Traditional
& Cultural
Ways

Being
on/with
the Land &
Water

Kin &
Community

Systems of
Health &
Healing

Systems of
Education &
Learning

Nutrition &
Movement

