

Bimaaji'idiwin FDLTCC Extension Program Producer Training Program

Indigenous Wellness Gathering

Join us for a morning of activities, sessions speakers, food, and more!

The 2024 Indigenous Wellness Gathering will include a light breakfast, baaga'adowewin, yoga, massages, crafts, painting, pow wow steps, coloring and children's activities

11:30 a.m. - Plenary Speaker, Denee Bex
Tumbleweed Nutrition
Nourishing Our Future:
The Power of Indigenous Foods
in Sustaining Health, Culture,
and Community

12:30 p.m. - Lunch by Native Chef, Brian Yazzie
Intertribal Foodways

1:20 p.m. - Traveling song and cupcakes
from Baby Cakes Wild Rice Bakery

Information tables and vendors.
Free and open to everyone. Great for all ages!

Saturday, March 9

8:00 AM - 1:30 PM

Fond du Lac Tribal and Community College

2101 14th St, Cloquet MN 55720

Questions: erika.resendizalonso@fdltcc.edu



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Plenary Speaker: Denee Bex Tumbleweed Nutrition

Topic: Nourishing Our Future:
The Power of Indigenous Foods
in Sustaining Health, Culture,
and Community

Denee Bex is an award-winning Registered Dietitian & CDCES from the Diné (Navajo) Nation and is the owner of Tumbleweed Nutrition LLC, a nutrition education consultant company. She teaches her Native community about nutrition without judgement. Denee provides inclusive & evidence-based nutrition education for organizations which honor American Indian heritage.



Saturday, March 9
11:30 – Presentation
12:15 – Q&A
Fond du Lac Tribal and Community College

Questions: erika.resendizalonso@fdltcc.edu



Fond du Lac Tribal & Community College is an affirmative action, equal opportunity employer and educator, and a member of Minnesota State, the American Indian Higher Education Consortium and the World Indigenous Nations Higher Education Consortium.

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