

# TRADITIONS

**WHY  
ACT  
NOW**

**Proud to Be...**

## 5 reasons to maintain your culture and traditions:

- \* Pride in who you are
- \* Sense of belonging and identity
- \* Building and sharing in community together
- \* Culture is beautiful
- \* Traditional diet and lifestyle is healthier for you



### TRADITIONALLY

Live off the Land



### TODAY

Convenience lifestyle



Traditional food is part of your culture.



### Honour Your Health

Healthy Mind = Knowledge  
Healthy Body = Strength  
Healthy Spirit = Balance  
Healthy Emotions = Courage



Traditions are only passed on if YOU choose to remember them, follow them and pass them on so they remain for many more generations!



STAY CONNECTED WITH US:

 [facebook.com/WhyActNow](https://facebook.com/WhyActNow)  @whyactnow



Indigenous & Global Health Research Group  
(780) 492 - 3214 [info@whyactnow.ca](mailto:info@whyactnow.ca)