



## ***PARTICIPANT INFORMATION FORM***

### ***Sharing our Wisdom: A Holistic Aboriginal Health Initiative***

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Hello. Our names are Teresa, Tonya and Eduardo. We are working together to enhance Aboriginal health. This project originated out of discussions and research with the urban Aboriginal community. An underlying theme of this project is to understand the effectiveness of traditional Aboriginal healing knowledge. We have been community-guided in developing 7 holistic health circles that will be offered to 20 Aboriginal community members. Holistic health circles include activities like attending a traditional medicine making workshop and learning about traditional foods for certain health issues (e.g., diabetes).

After attending the 7 holistic health circles and a follow up focus group the next week, participants will attend a 6 month follow up focus group to address some questions:

- 1) Do Aboriginal traditional health practices provide a more meaningful way of addressing health strategies for Aboriginal peoples?
- 2) How does the participation in health circles, based on Aboriginal traditional knowledge, impact the health of Aboriginal peoples?

In order to participate, you must:

- 1) Self-identify as an Aboriginal person and are interested in attending the holistic health circles;
- 2) Be able communicate in English 3) Be able to participate in all stages of research (pre-interview; 7 health circles, a 3 month and 6 month follow up focus group).

You will receive a gift for your participation in the program.

If you have any questions or desire further information with respect to this study, you may contact Teresa or Monique at 822-2875 or email [teresa.howell@ubc.ca](mailto:teresa.howell@ubc.ca)

***Thank you!***