

MEDIA RELEASE



**FIRST NATIONS
UNIVERSITY
OF CANADA**

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FNUniv and UofR Hosted Elders' Gathering on Medicinal Plant Healing Traditions During Fall Term Break

Regina, Saskatchewan – The First Nations University of Canada (FNUniv), in partnership with the University of Regina's Indigenous Knowledge and Science program, successfully hosted the Elders' Gathering on Medicinal Plants and Languages over the Fall Term Break. The two-day event welcomed Elders, Knowledge Keepers, students, faculty, and community members into a shared learning space focused on Indigenous healing traditions, medicinal plant knowledge, and land-based teachings.

Now in its third iteration, the Gathering continued a series of successful workshops first offered at FNUniv during Congress 2018 and later at the 2024 Turtle Island Indigenous Science Conference. This year's event reinforced the importance of intergenerational knowledge sharing in a non-academic setting grounded in Indigenous ways of knowing, language, and cultural practice.

The first day took place on Thursday, November 13, at the FNUniv Regina Campus Multipurpose Room. Participants joined Teaching Circles led by Elder Margaret Keewatin (Okanese First Nation, All Nations Healing Hospital) and Métis Knowledge Keeper Mandi Elles (Lestock, SK / Fort Belknap, MT). Their teachings explored plant-based healing, cultural identity, and wellness practices rooted in community and land connection. Attendees engaged in open discussion and reflection following the sessions.

The Gathering continued on Friday, November 14, at the University of Regina in the Education Building, Room 228. Elder William Ratfoot (Makwa Sahgaiehcan First Nation) and Elder Margaret Reynolds (English River First Nation) shared teachings grounded in their Nations' traditional plant medicines, language, and healing knowledge. The afternoon concluded with refreshments and conversation, allowing participants to further connect with the teachings and each other.

The Gathering welcomed individuals from both institutions and the wider community, strengthening cultural understanding and supporting FNUniv and the University of Regina's shared commitment to Indigenous-led education and land-based learning.

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About First Nations University of Canada

Established in 1976, the First Nations University of Canada is the country's only national First Nations-owned post-secondary institution. FNUUniv is a unique place of learning that serves both Indigenous and non-Indigenous students, delivering high-quality post-secondary education through the lens of Indigenous knowledge, languages, and traditions. Learn more at www.fnuniv.ca.