

# *Grandmother Medicine: Remembering the Truth of Who You Are*



**Friday, April 13, 7pm—Monday, April 16, 4pm**

This 3 day intensive is designed to take participants through their own story, through the creative arts, ancient teaching, healing exercises and ceremonies to the truth of who they are.

This program of transformation provides participants with tools for an ongoing process.



*Joanne Neddow* recently retired from a long career as a social Worker. Near and dear to her heart are the gifts and ways given her by First Nations people.

Tuition, Meals & Private Room \$380; Shared \$350;  
Commuter \$180 ( all lunches )

*St. Benedict's Retreat & Conference Centre  
225 Masters Ave. Winnipeg, MB R4A 2A1  
(just north of the Perimeter off Main Street)  
204-339-1705; stbens.ca*

