

### World Health Organization says:

- “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”
- “Health promotion is the process of enabling people to increase control over, and to improve, their health.”

### First Nations Perspective of Wellness:

- A visual expression of the First Nations Perspective on Wellness - the way it has always been.
- Passed down from our Elders and traditional healers.
- Wellness belongs to every human being and their reflection of this Perspective will be unique.

