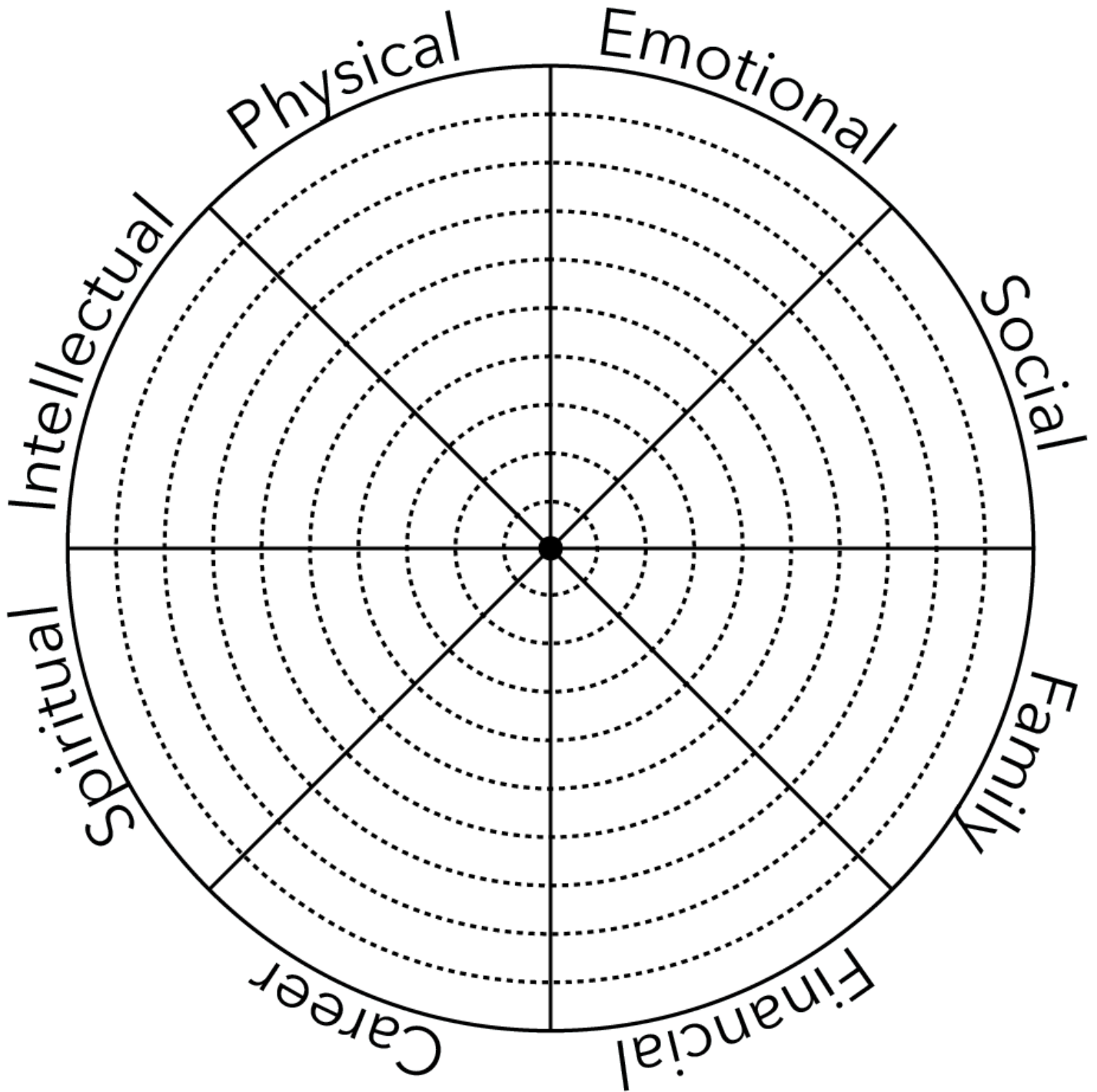


Holistic Wellness Wheel



The tool finds its foundations in the Indigenous spiritual traditions and teachings of the Medicine Wheel. In sharing this, I also want to acknowledge the contribution and wisdom provided. A good resource regarding an example of traditions and implementation of the Medicine Wheel teaching is open textbook *Historical and Contemporary Realities: Movement Towards Reconciliation: The Traditional and Cultural Significance of the Lands Encompassing the District of Greater Sudbury and Area* by Susan Manitowabi available online at

<https://ecampusontario.pressbooks.pub/movementtowardsreconciliation/>.