

# SAVE THE DATE GATHERING TO SHARE



## SEASONS OF REGENERATION IN LIVER WELLNESS

*Date: October 29<sup>th</sup>, 2025*

*Time: 8:30AM - 5:30PM*

*Location: Thunder Bay,  
Venue to be Confirmed*

This full-day gathering offers a chance to connect, learn, and share knowledge on liver health, healing practices, and community wellness. Together, we'll explore the rhythms of regeneration through stories, teachings, and shared experiences.

Guided by the Seasons of Regeneration—rest, renewal, and growth, we will:

- Explore community-led liver health models
- Learn through story, culture, and experience
- Connect head, heart, hands, and feet in care and action

Join us in a day of reflection, laughter, and learning as we carry forward collective wisdom and honor the cycles of healing within our communities.