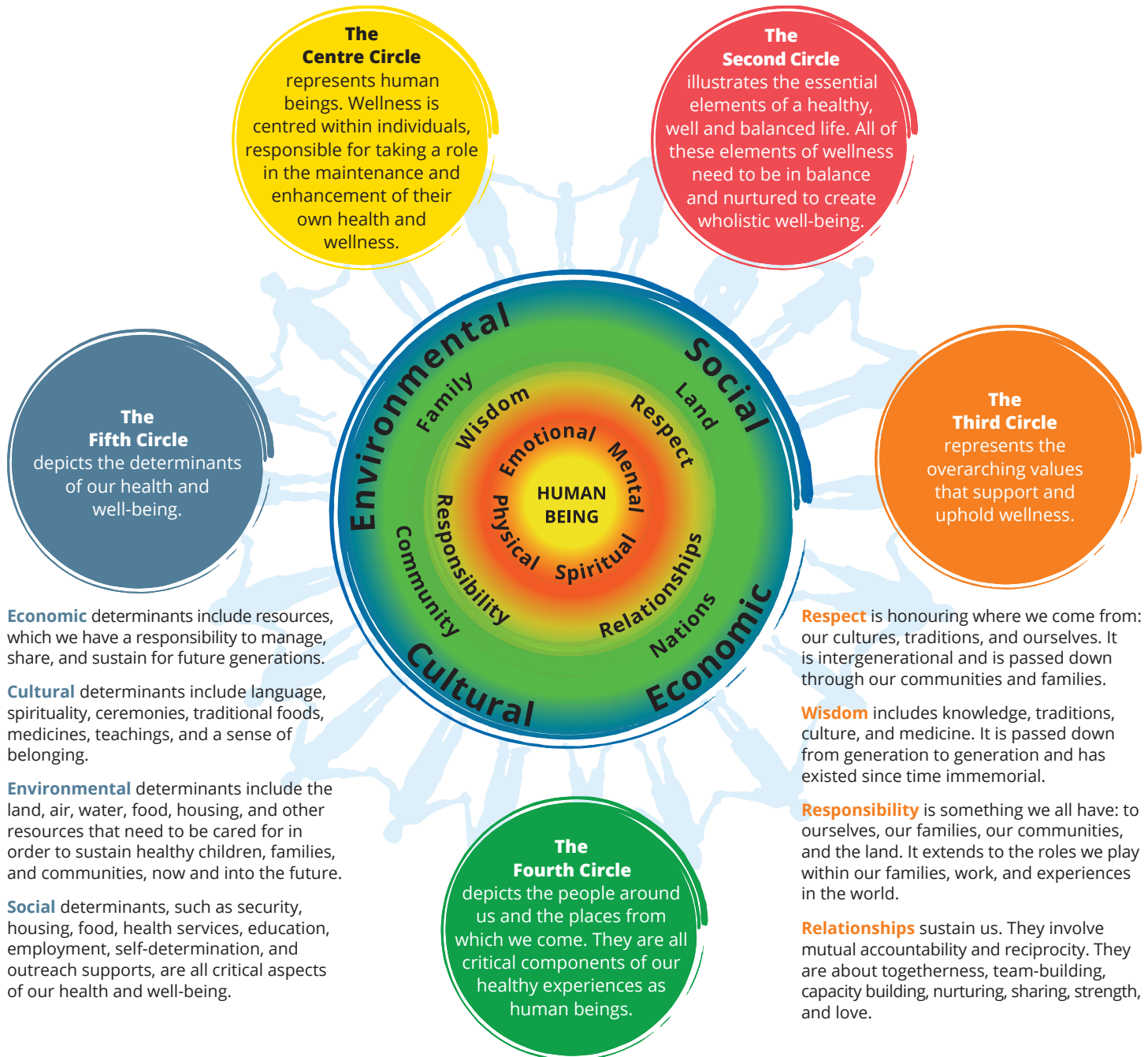




First Nations Health Authority  
Health through wellness

# First Nations Perspective on Health and Wellness



**Land** is what sustains us and is our identity. We have a responsibility to care for the land and share knowledge of the land with our people.

**Community** represents where we live, where we come from, and where we work. There are many different communities: communities of place, people, knowledge, interests, experiences, and values.

**Family** is our support base. There are many different kinds of families that surround us, including our immediate, extended, and chosen families.

**Nations** include the broader communities outside our immediate families and communities. Nation is an inclusive term representing the various Nations that comprise your world.

The people who make up the Outer Circle represent the FNHA Vision of Healthy, Self-Determining, and Vibrant BC First Nations Children, Families, and Communities. The people are holding hands to demonstrate togetherness, respect, and relationships of all of our ancestors, past, present, and future. In the words of one respected BC Elder, this can be stated as "Nuts Ahmat - one heart, one mind."