

## Health and Wellbeing of Indigenous Women Living with HIV

### How is Health and Well-Being a Journey?

Lessons learned from the **CHIWOS-PAW** study

Guided by Elders with Water and Animal Teachings

Through a lens of **Two-Eyed Seeing**, we weave together Indigenous Traditional Ways of Knowing and western learnings to support HIV care.

Indigenous Women living with HIV are underserved by current healthcare services, impacting their health and wellbeing.

We asked the Wise Women of CHIWOS-PAW what health providers needed to know about their health journey.

Wise Women shared that health is a constant journey that requires acceptance and love of all parts, involving Indigenous Healing methods for mind, heart (emotional), & spiritual health.

Wise Women asked that healthcare providers be supportive of Indigenous Ways of Knowing to holistically support Indigenous Women throughout their health journeys.

**Health and well-being is holistic and connected to:**

**Heart**

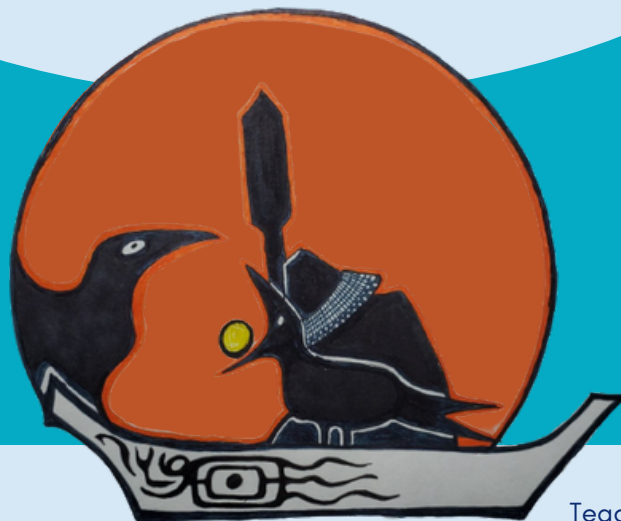
**Body**

**Mind**

**Spirit**

**The Canoe represents reflection.**

We asked CHIWOS-PAW Women what bumps and falls they encountered within the health system and what supported them. Their wisdoms are shared in this poster series.



We follow Indigenous Re-search Methodologies using Water and Animal teachings, to present these findings.

To learn more about what the Wise Women taught us, we share with you this four part poster series.



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Art by Dale Stonechild  
 Teachings remembered from childhood  
 and recently from Elder Fred John.