

Good Health  
and Wellness in  
Indian Country

# GHWIC Success Story

## United Indian Health Services (UIHS): Weaving Culture Into Wellness

Weaving Culture Into Wellness is a new video series from the United Indian Health Services (UIHS) Community Nutrition Program and was filmed, edited, and produced by Native Hawaiian, Daniel Aipa. The films feature local wellness and cultural practitioners of Northern California.

“This series showcases the wellness of mind, body & spirit by utilizing our sources of strength, which is culture... sharing stories of personal experiences, instructions, and tips with an infusion of contemporary & traditional practices around food, movement, sports, wellness, & culture.” says Jude Marshall.

The series can be found on the United Indian Health Services YouTube page, Potawot Community Food Garden social media accounts (Instagram-Potawot Garden, Facebook–Potawot Community Food Garden), so be sure to follow for updates and latest release.

The videos were made possible by the California Rural Indian Health Board (CRIHB) Advancing California Opportunities to Renew Native Health Systems (ACORNS) program which is funded by the Centers for Disease Control and Prevention (CDC) Good Health and Wellness in Indian Country (GHWIC) grant.



<https://www.youtube.com/watch?v=cGtHFKfUOy4>