

Learn about local medicinal plants!

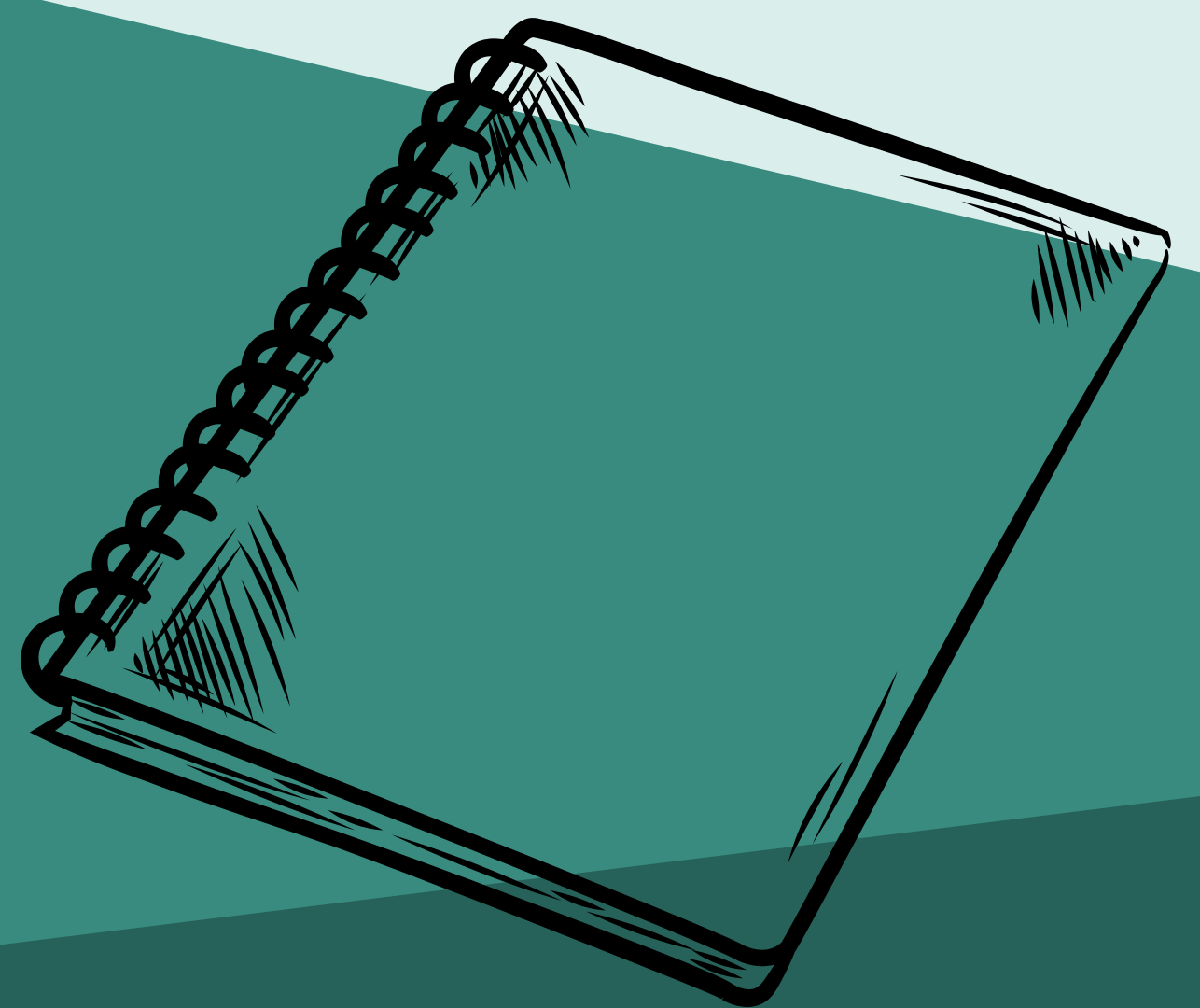
Locate the Virtual Medicine Walk with Deb St. Amant



Visit the *Official QUBS YouTube Channel* and find the Virtual Medicine Walk video. In this webinar, Deb St. Amant, the Elder-in-Residence at the Faculty of Education at Queen's University, explains Indigenous uses for several of the medicinal plants found on the Elbow Lake property.

While watching the webinar:

1. **Take notes!** Use the provided page or gather your own notebook to take sketches and jot down the uses for each of the plants Deb describes.
2. **Think local!** Do any of the plants Deb describes live near you?
3. **Enjoy** learning!



After watching the webinar:

1. **Go on a nature walk!** Take note of what plants live in your neighbourhood.
2. **Research!** Do any of the plants you found have traditional medicinal uses?



Record your observations!

Medicinal Plant

Sketch

Medicine Uses