In 2003-2004, Integrative Science Research Assistants Sana Kavanagh and Nadine Lefort created visuals for words considered key in understanding health and health research from the mainstream perspective. We used these in a community-based health research project funded by IAPH-CIHR (Institute of Aboriginal Peoples’ Health – Canadian Institutes of Health Research), for which Canada Research Chair in Integrative Science Cheryl Bartlett was the Principal Applicant. The overall project was entitled “Integrative Health and Healing: co-learning our way to expanding wholeness through restoration of relationships with the land”. One of the first objectives of the project was to consider terminology towards developing new understandings within a co-learning methodological approach that could bring together the “vigour” and “rigour” languages of the Indigenous and Western sciences. The terms chosen and the iconic visuals that Sana and Nadine created for them were explored within a co-learning, community-based workshop held in Eskasoni First Nation in January 2004.

Sana and Nadine presented on some of this research at the Quarterly Meeting of Health Cape Breton held at Cape Breton University in Sydney, NS, on 4 May 2004. Their presentation can be accessed among the entries for the year 2004 in the “articles and presentations” section in our website. Look for the entry:


In addition, Sana created a poster to explain the innovative co-learning process used in the January 2004 workshop. She presented this poster at the 5th Annual Cape Breton Health Research Symposium held at Cape Breton University, Sydney, NS, in 26 April 2007. Her poster can be accessed among the entries for the year 2007 in the “articles and presentations” section in our website. Look for the entry: