



Envisioning health equity: Individual reflection

HEALTH EQUITY LEARNING COMMUNITY

1. What opportunities have enabled you to create & define what optimum health is for you? How are you providing opportunities for others to create & define their health?
2. Have your interactions with nature, places & spaces you've lived allowed you to thrive? How are you creating spaces where others feel they belong and have the opportunity to thrive?
3. What experiences have told you that you belong (or do not)? In what ways are you telling others that they belong (or do not belong)?

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