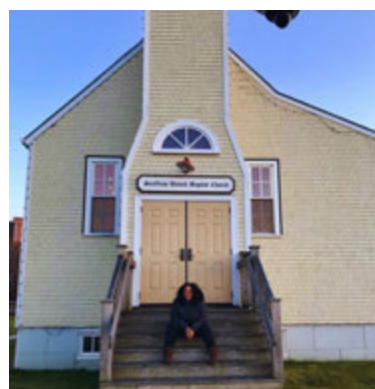
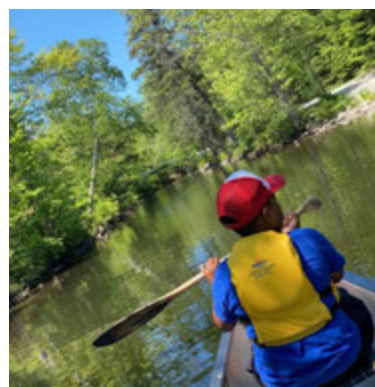
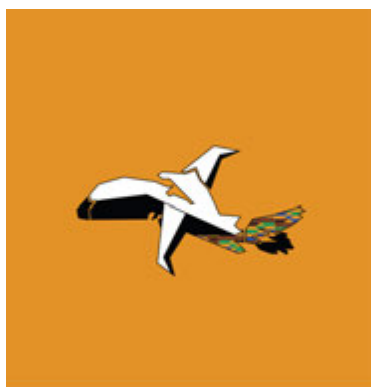


"Focused on Well-Being and Knowledge Sharing"



ELEVATE & EXPLORE

A WELLNESS COLOURING BOOK
FOR FAMILIES

Created by: René Boudreau

***Elevate & Explore: A Wellness Colouring Book For Families
Focused On Well-Being and Knowledge Sharing***

25 Images

1st Edition

Created by: René Boudreau

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The colouring images throughout this booklet are courtesy of:

Rajeane Willis, Pages 7, 8, 10, 25

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Kayla Williams, Page 22

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Disclaimer: This colouring book is not intended to be a substitute for medical advice or treatment. Always seek the advice of your physician or other qualified health care provider if you have questions regarding a medical condition.



INTRODUCTION

This colouring book is a therapeutic tool to aid in your journey to self-discovery.

Wellness should consider the wholeness of a person to nurture one's holistic well-being. Centering the wellness of people of African descent means to consider all aspects of one's physical, mental, emotional, spiritual, and financial health.

While this book will aid as a therapeutic tool through colouring, it can also be used as a motivational tool to explore the beautiful places Nova Scotia has to offer.



ACKNOWLEDGEMENTS

Nova Scotia (Mi'kma'ki) is Mi'kmaw traditional territory and the Mi'kmaq people were the first to have lived on this land.

African Nova Scotians are a historically excluded racial group who have been living in Nova Scotia for over 400 years.

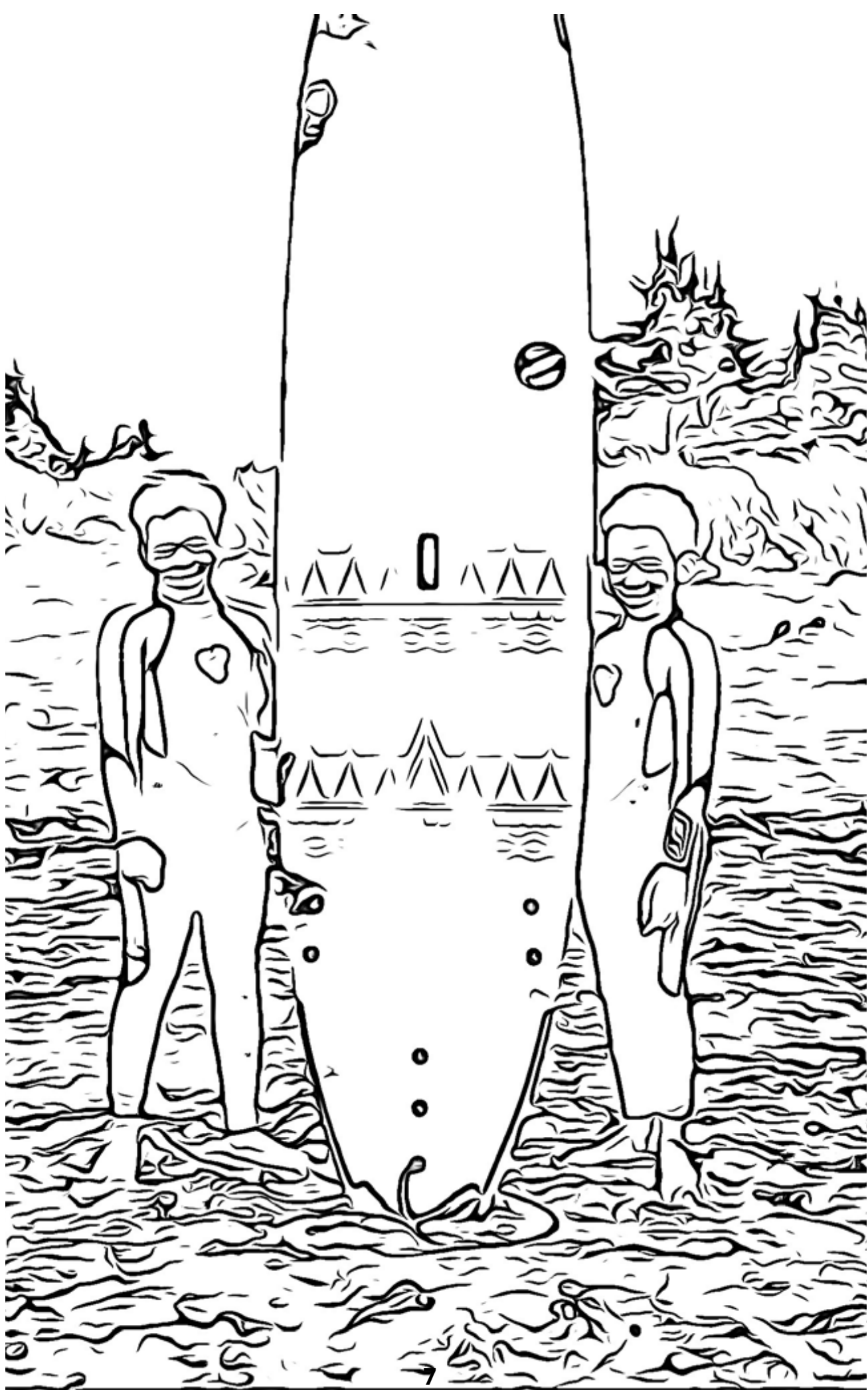
This pilot project, Elevate & Explore: a Wellness Colouring Book for Families, focused on well-being and knowledge sharing was supported by the Delmore “Buddy” Daye Learning Institute and partially funded by United Way (Halifax).





Black Cultural Centre

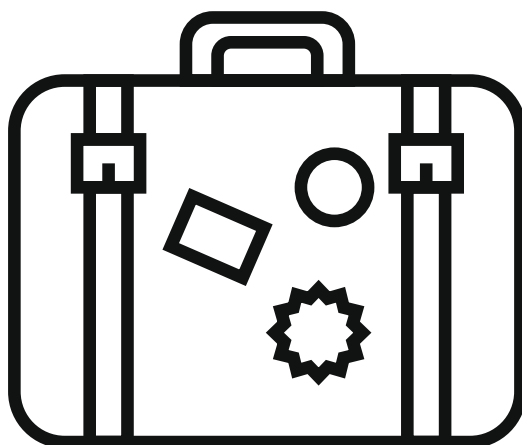
For Nova Scotia





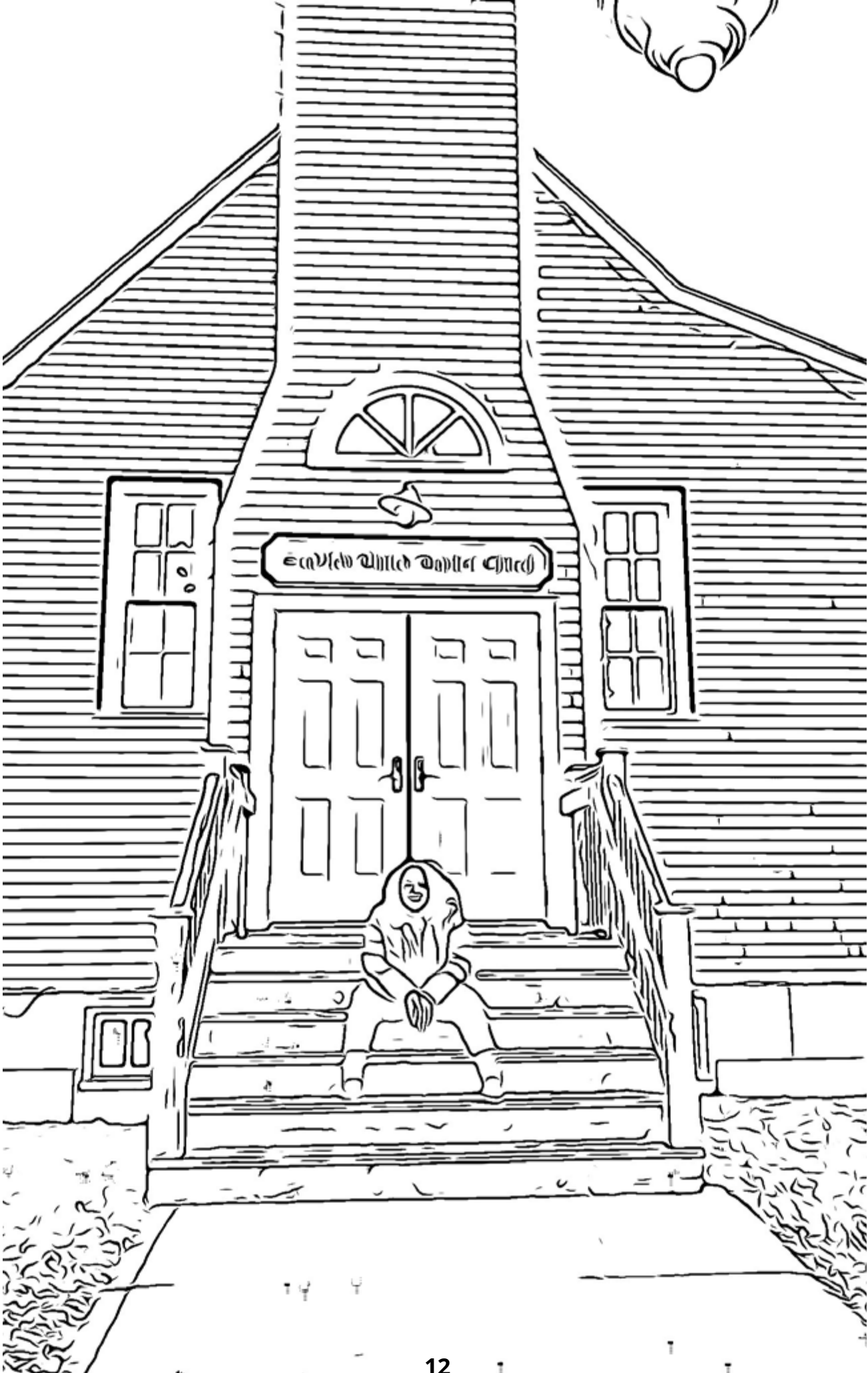
"TRAVELING
IS
LEARNING."

A F R I C A N P R O V E R B





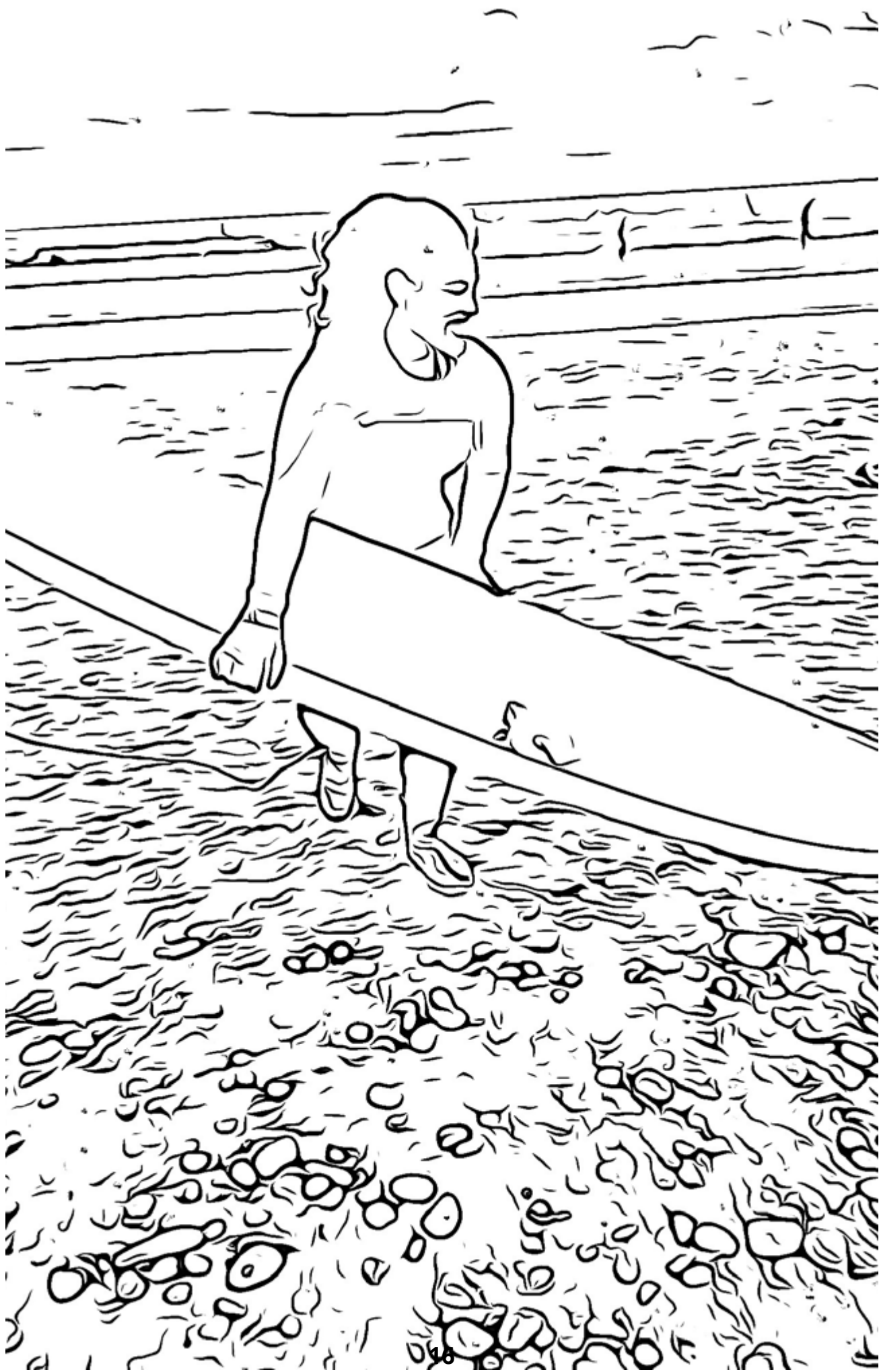






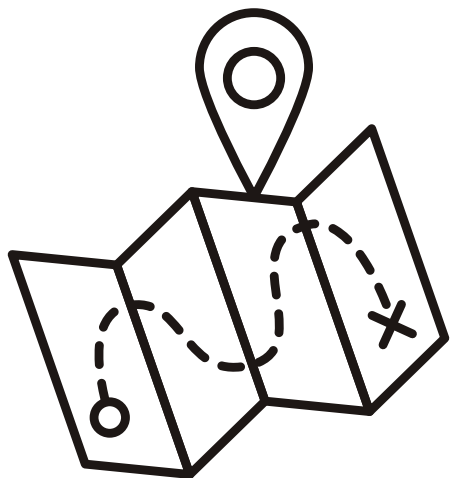


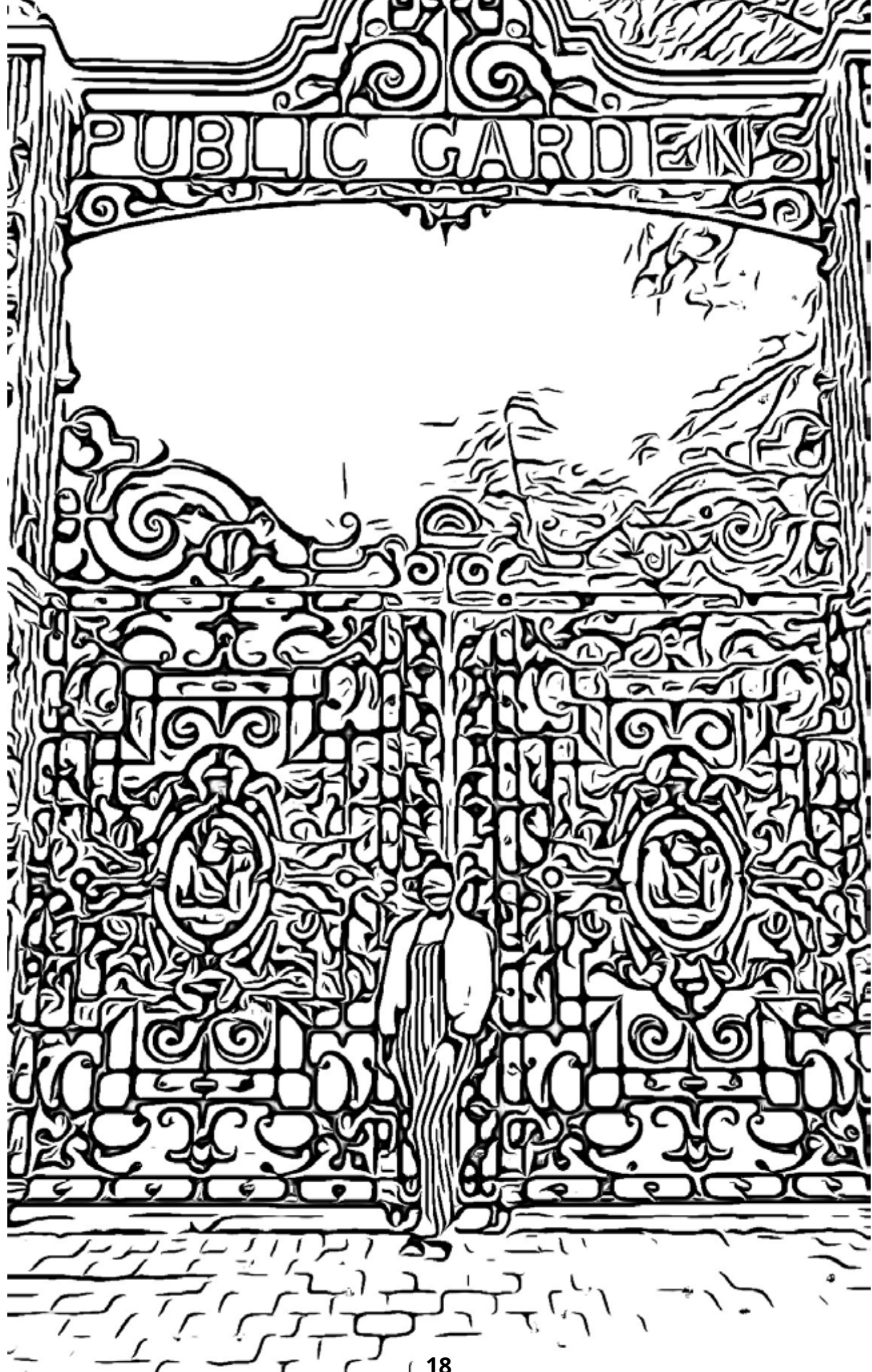




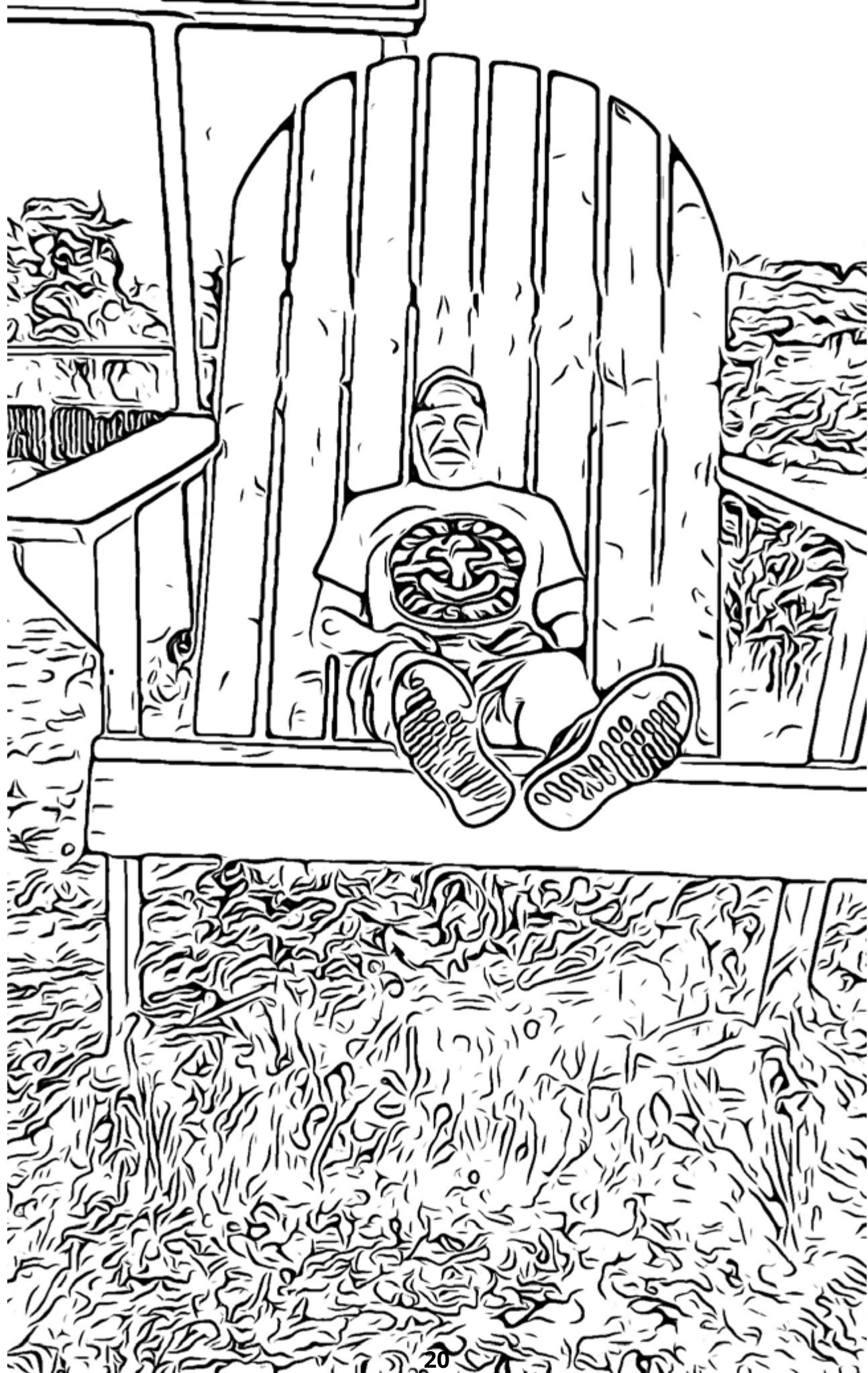
"TO GET
LOST IS TO
LEARN THE
WAY."

AFRICAN PROVERB







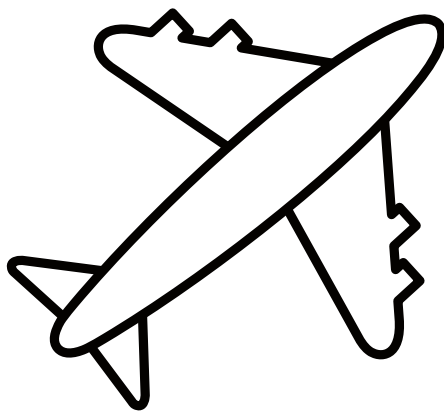






"TO TRAVEL IS
TO SEE,
TO RETURN IS
TO TALK."

A F R I C A N P R O V E R B

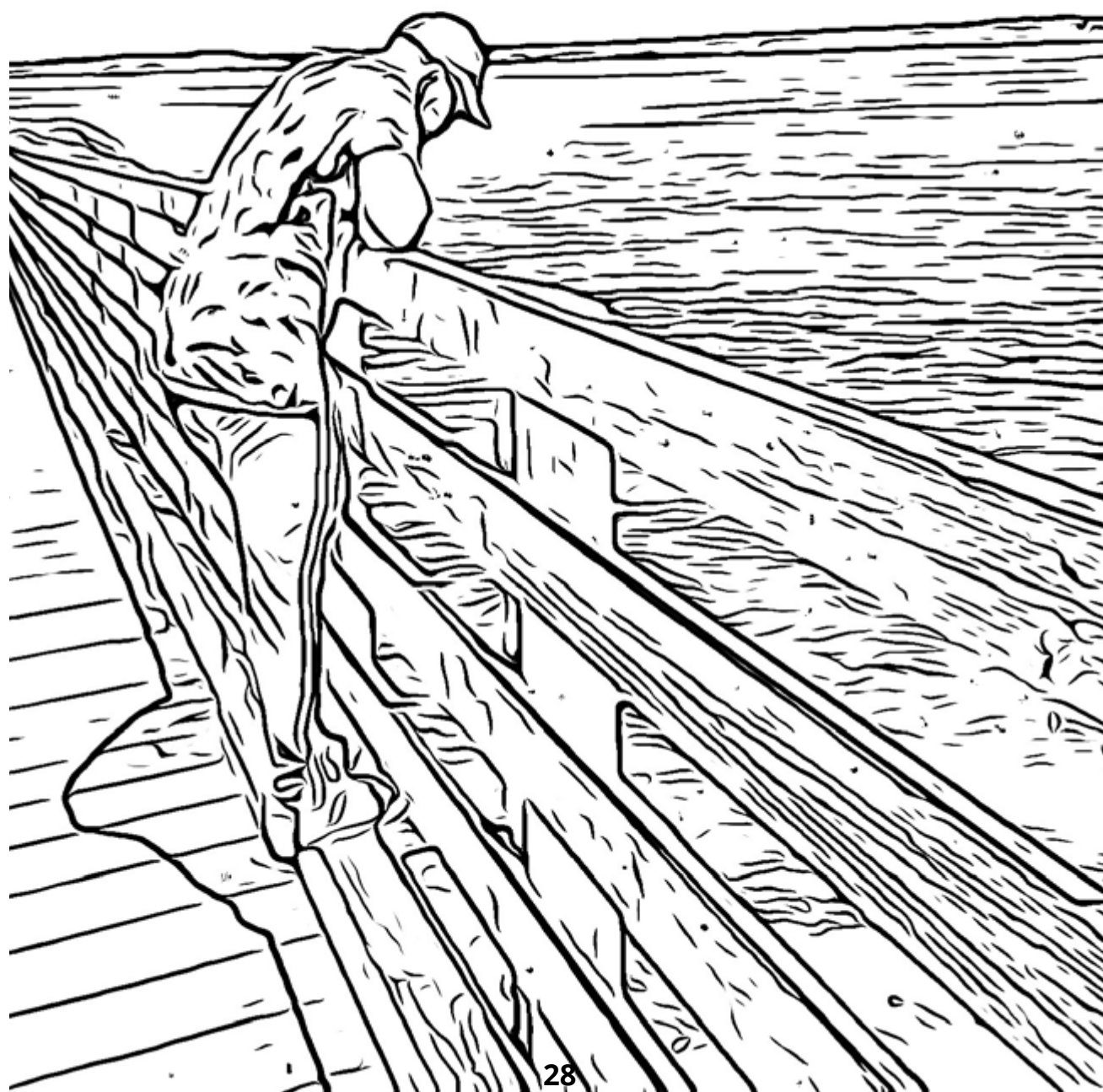


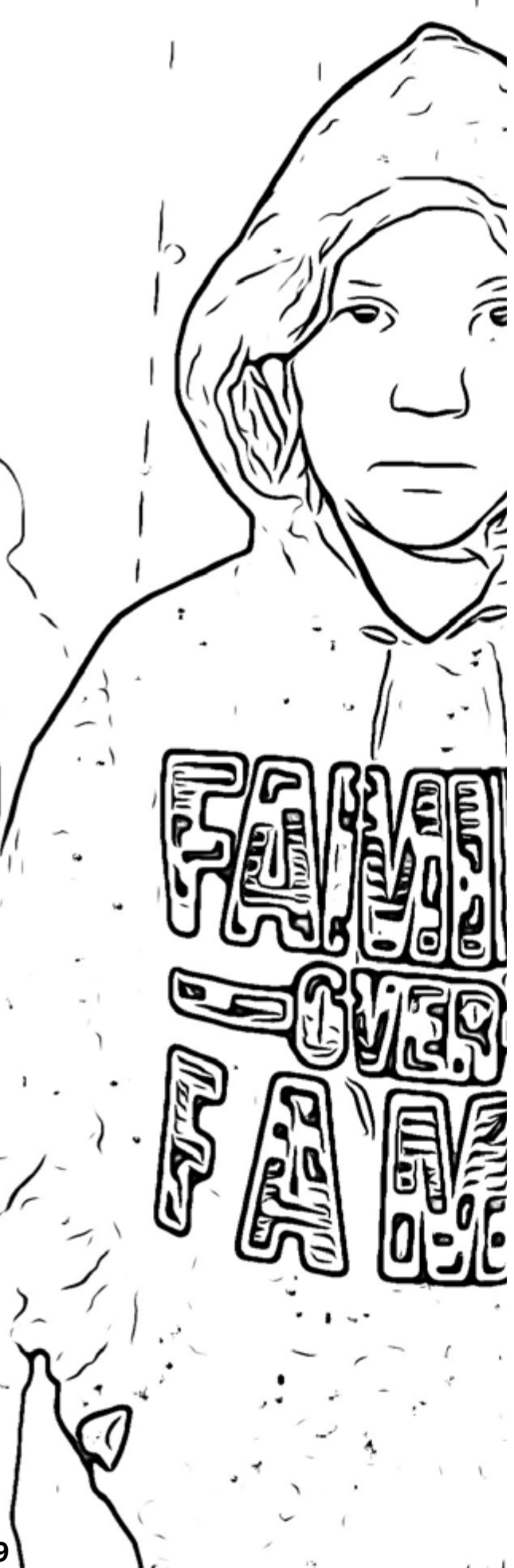
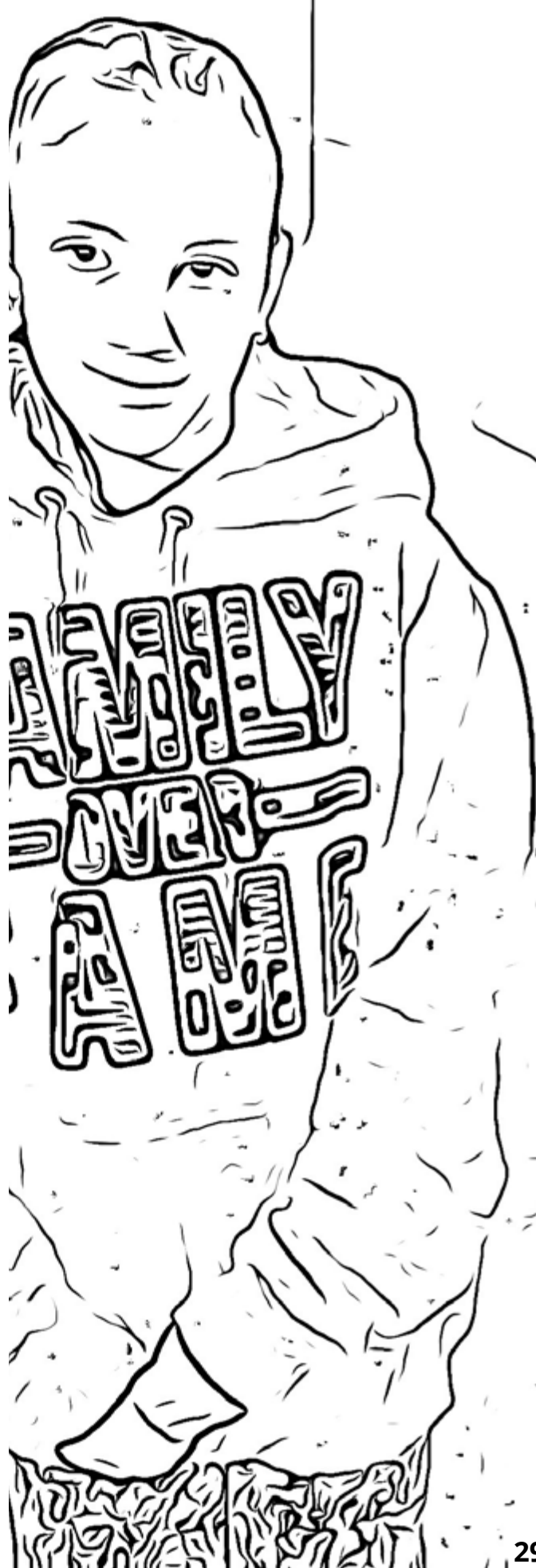












**The images in this colouring book were
taken at the following places:**

Portland Street, Dartmouth, Page 5

Black Cultural Centre for Nova Scotia, Cherry Brook, Page 6

Martinique Beach, East Petpeswick, Pages 7,12, 16

Rainbow Haven Beach, Cow Bay, Pages 8, 10

Africville Museum, Halifax, Page 12

Peggy's Cove, Pages 13, 25

Jacob's Ladder, Victoria Park, Truro, Page 14

Birmingham Street, Halifax, Page 15

Halifax Public Gardens, Halifax, Page 18

North Preston, Page 19

Five Islands, Page 20

DeWolf Park, Bedford, Page 21

Shubie Park, Dartmouth, Page 22

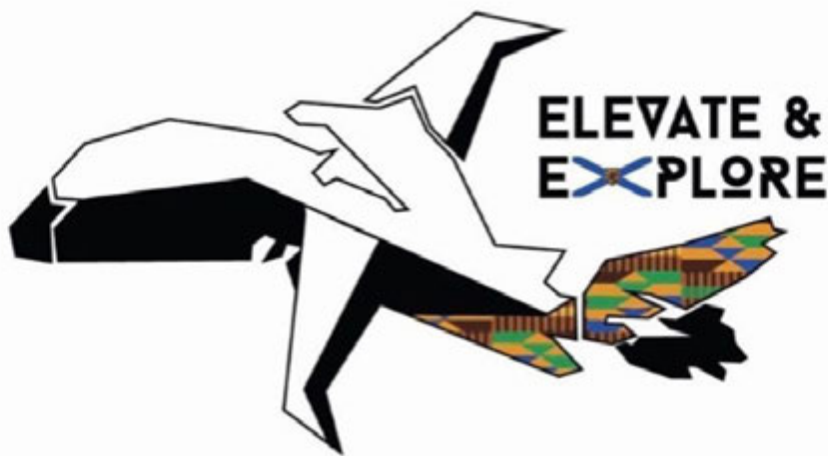
Angus L. MacDonald Bridge, Halifax, Page 24

Emera Oval, Halifax, Page 26

Fort Needham Memorial Park, Halifax, Page 27

Salt Marsh Trail, Cole Harbour, Page 28

This colouring book is dedicated to our beloved African ancestors who have contributed immensely to the beauty and development of this province.



RENÉ BOUDREAU is the founder of Elevate & Explore Black Nova Scotia Inc.

Elevate & Explore Black Nova Scotia Inc. is a travel community and business aimed at encouraging more Black travellers to visit Nova Scotia, Canada and to inspire people from all backgrounds to explore our beautiful province.