



Esther Sanderson
Lived Experience with Heart Disease
Le Pas, MB

Biography

Esther has been an Aboriginal educator for the past 30 years working as an instructor, an administrator and program developer at the post secondary level. Over the past few years she has had the privilege of working with community members and Elders of the northern Cree people in the area of first and second language program development for the maintenance, promotion, and revitalization of the Cree language for future generations. She has also been involved in health research projects as a community member

She suffered a massive heart attack 2004 and underwent a heart transplant in Edmonton. It was there she learned the value of combining the western bio-medical model with traditional medicine as a way of heart healing. After recovering enough to leave the hospital she returned to her home community in northern Manitoba. Today she is in good health and is able to work full time. She volunteers her time to do heart health workshops with the Manitoba Northern Regional Authority and the Opaskwayak Health Authority. Two years ago she was asked by the Manitoba Heart & Stroke Foundation if she was interested in joining the Women's Heart and Brain Health Research Steering Committee. She joined the Steering Committee because she saw an opportunity to bring attention to how Aboriginal people view heart illnesses and the lack of heart health research in this area.