

#SLCCWhistler



FOR IMMEDIATE RELEASE

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## THE SQUAMISH LIL'WAT CULTURAL CENTRE IN WHISTLER ANNOUNCES WELLNESS EVENTS AS PART OF THE NOURISH SPRING SERIES BY CORNUCOPIA FOR 2023

(Whistler, BC) The Squamish Lil'wat Cultural Centre in Whistler (SLCC) showcases authentic Indigenous wellness experiences as part of the Nourish Spring Series by Cornucopia, including the Signature Event Spo7ez Wellness Feast and the Holistic Tour and Indigenous Tea Offering. The wellness events compliment the offerings from the SLCC throughout June celebrating National Indigenous History Month, recognizing the rich and distinctive living culture of the Skwxwú7mesh Úxwumixw (Squamish Nation) and Líl'wat7úl (Lil'wat Nation).

The **Signature Event: [Spo7ez Wellness Feast](#)** – on June 10, 2023 from 5:30pm to 9:00pm features a culinary journey brought to life through authentic Indigenous cultural sharing, a traditional shared feast and Spo7ez Performers in regalia sharing songs from Skwxwú7mesh Úxwumixw (Squamish Nation) and Líl'wat7úl (Lil'wat Nation). Cultural Ambassadors take guests on a guided holistic experience with an Indigenous tea offering followed by an exquisite long table culinary experience in the Great Hall. Indigenous-inspired cuisine celebrates the spring season with a fresh menu, and a fresh perspective, as part of a culinary series in partnership with Cornucopia.

Hosted in the Great Hall among traditionally carved house posts and story poles, guests experience a long table dinner blending culinary and cultural excellence, and can expect to savour new flavours such as Cranberry-Rosemary Bannock, Cedar Plank Salmon, Braised Elk Shank with Tomato Jus, 7 Grain Salad, and Roast Carrots and Cabbage with Spruce Tips. Dessert features an Almond Chia Pudding with Maple Syrup and Summer Berries, as well as an Apple Crumble with Roast Peach Compote and Xusem Chantilly. Guests can indulge in an optional wine pairing with Indigenous World Wines, with dessert pairing wonderfully with an Indigenous tea enhanced with a second-batch Indigenous World Spirits Whiskey. The Spo7ez feast will be served through buffet stations with long-table seating in the Great Hall, encouraging greater connections between guests, and experiencing the immersive performance from Spo7ez Performers.



Guests can experience a morning exploring the Salish Forest through the guided [Holistic Tour and Indigenous Tea Offering](#) on either **Saturday June 17 or 24<sup>th</sup> from 10am – 12pm**. Beginning with a welcome song, short film and brief introduction to the Centre, a Cultural Ambassador will guide an interpretive forest walk, presenting herbs and medicinal plants that grow in the region. Following in the Longhouse, guests learn and savour the healing benefits of traditional teas, served with First Nations traditional bannock.

### **Spo7ez Wellness Feast Menu – Saturday June 10**

Comprised of traditional, seasonal ingredients and Indigenous-inspired plates.

Cranberry-Rosemary Bannock

Organic Mixed Greens with Carrots, Sunflower Seeds and Raspberry Vinaigrette

7 Grain Salad with Cucumbers, Tomatoes and Roast Garlic Dressing

Roast Pemberton Potatoes with Arugula

Roast Carrots and Cabbage with Spruce Tips

Roast Elk with Braised Elk Shank and Tomato Jus

Cedar Plank Salmon with Fresh Dill

Apple Crumble with Roast Peach Compote and Xusem Chantilly

Almond Chia Seed Pudding with Maple Syrup and Summer Berries

Tickets for **Signature Event: Spo7ez Wellness Feast** are CAD \$99 per person or CAD \$149 per person with wine pairings, plus fees and taxes, and tickets for the [Holistic Tour and Indigenous Tea Offering](#) are CAD \$49, plus fees and taxes, and both can be purchased at [slcc.ca/wellness](http://slcc.ca/wellness).

To learn more about June Wellness events with the Squamish Lil'wat Cultural Centre and purchase tickets visit [slcc.ca/wellness](http://slcc.ca/wellness) and to learn more about the Nourish Spring Series by Cornucopia visit [whistler.com/spring-cornucopia/](http://whistler.com/spring-cornucopia/).

## **MEDIA CONTACTS**

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### **About Squamish Lil'wat Cultural Centre (SLCC)**

Spo7ez Cultural Centre and Community Society is a registered Canadian charity and the first centre of its kind in Canada. The Squamish and Lil'wat Nations came together to celebrate and share our cultures with the world while creating meaningful employment opportunities for members of both nations. By sharing where we are from and where we are going, our visitors acquire a greater understanding of our Nations and the shared territories that Whistler resides upon. [www.slcc.ca](http://www.slcc.ca)



**Słwǰwú7mesh Lil'wat7úl**  
SQUAMISH LIL'WAT CULTURAL CENTRE  
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