



Media Release

Kingston Frontenac Public Library
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Celebrate Indigenous History Month with a powwow workout

Get ready to move to the beat of the powwow drums! The Kingston Frontenac Public Library celebrates Indigenous History Month in June with Amanda Fox's Powwow Workout.

Fox, a dynamic and talented Ojibwe artist, will guide participants through a series of powwow dance steps set to contemporary and traditional music. Participants will learn to move their bodies to the rhythm of the drum while also getting a great workout.

Don't miss the chance to participate in this unforgettable experience! Two identical 30-minute sessions are offered at KFPL's Central Branch on June 3, 2023, at 1-1:45 p.m. and 3-3:45 p.m. Please register for only one session at the links below:

Register for the 1-1:45 p.m. session here: <https://calendar.kfpl.ca/event/8428667>

Register for the 3-3:45 p.m. session here: <https://calendar.kfpl.ca/event/8428783>

Fox brings her Ojibwe heritage to life through beadwork, sewing, dance and drumming. As a jingle dress dancer, singer, drummer and powwow workout instructor, her passion for her culture shines through in every move she makes.

"At KFPL, we believe in the power of community and connection," said Jake Miller, Librarian, Adult Programming. "This is a wonderful opportunity to celebrate the rich cultural traditions of Indigenous Peoples, get active and learn something new. We know that attendees will leave feeling energized and inspired!"

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