

# Social Media: Who to Follow?

Go on Instagram and follow these accounts to keep up to date on the Indigenous Outdoors and Health and Wellness scenes!



**Natives Outdoors**  
@nativesoutdoors

**Hozho Total Wellness**  
@hozho\_total\_wellness



**Well for Culture**  
@wellforculture

**Native Womens Wilderness**  
@nativewomenswilderness



**Indigenous Women Hike**  
@indigenouswomenhike

**Red Earth Running Co.**  
@redearthrunco



**Indigenous Womxn Climb**  
@indigenouswomxnclimb