



Stepping Out into Our Future

Artwork: Creative representation of Palm Island by Dr Lynore Geia

#IHMayDay18

Aboriginal and Torres Strait Islander people are invited to participate in #IHMayDay18 by:

- Sharing the names of your country and connections
- Sharing your thoughts, stories and photos on Twitter – particularly in relation to the theme: **Stepping Out Into Our Future**.
- Sharing the news about your work for better health and wellbeing
- Retweeting tweets that are marked #IHMayDay18
- Pledging to fill your timeline with #IHMayDay18 – and to share the news about the event with your networks
- Signing the pledge for Indigenous health equality:
<https://croakey.org/sign-this-pledge-for-health-equality-for-aboriginal-and-torres-strait-islander-people/>
- Encouraging politicians to listen to #IHMayDay18 and to participate
- Engaging with and supporting @IndigenousX

#IHMayDay is an annual Twitter event, led by James Cook University academic Dr Lynore Geia, that takes a strengths-based approach and privileges the voices of Aboriginal and Torres Strait Islander people to discuss health matters.

On Thursday, 31 May, #IHMayDay18 is co-hosted on Palm Island by the local TAFE, and the Palm Island Centenary Committee, in conjunction with Croakey.

A program of guest tweeters will run from 7am until 10.00pm AEST. Discussions will be moderated by Dr Geia and Croakey Contributing Editor, Ms Summer May Finlay.