



# National Council of Urban Indian Health

Providing Traditional Medicine Services to  
Youth through Telehealth

# ABOUT NCUIH

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The National Council of Urban Indian Health (NCUIH) is the national non-profit organization devoted to the support and development of quality, accessible, and culturally-competent health and public health services for American Indians and Alaska Natives (AI/ANs) living in urban areas. NCUIH is the only national representative of the 41 Title V Urban Indian Organizations (UIOs) under the Indian Health Service (IHS) in the Indian Health Care Improvement Act (IHCIA). NCUIH strives to improve the health of the over 70% of the AI/AN population that lives in urban areas, supported by quality, accessible health care centers.



# Traditional Medicine: Smudging for the New Year

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- Opening Prayer Song
- Creation Story
- Importance of Prayer
- Smudging
- Feedback & Discussion
- Closing Song - Farewell



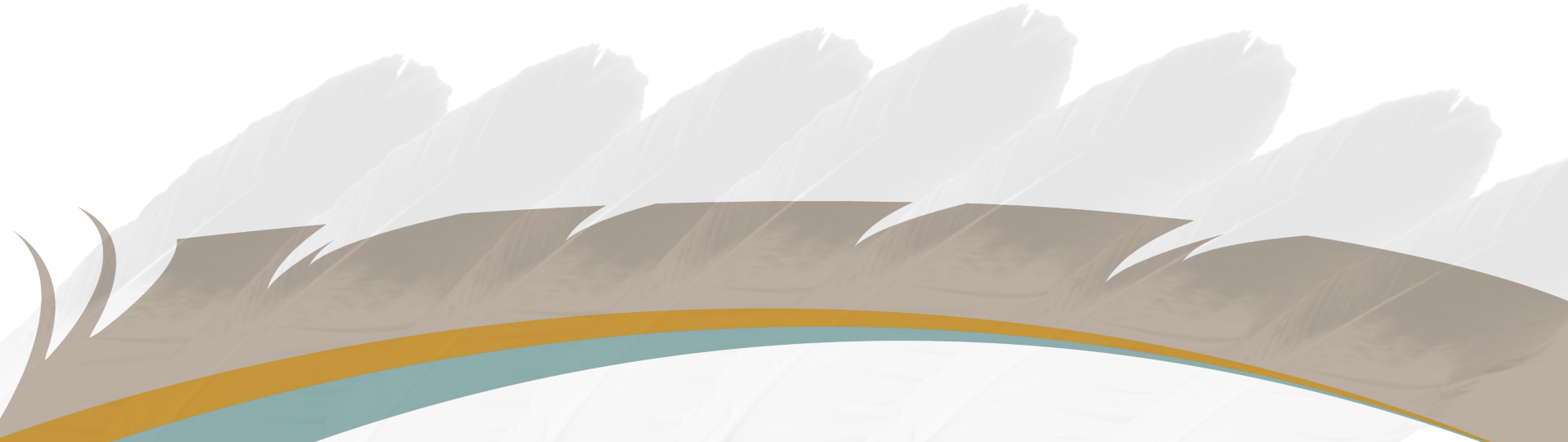
# Shawn Ironmaker

Member of the Aaniiih and Nakoda Nations in North  
Central Montana

Business Specialist,  
Buffalo Horse, Inc.

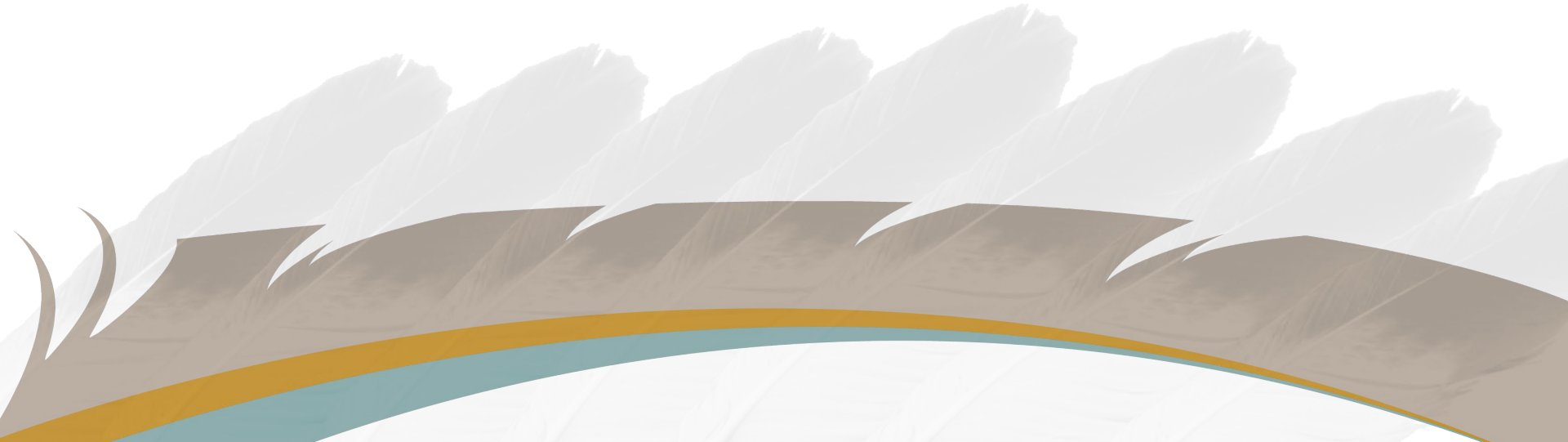


# Opening Prayer





# Creation Story

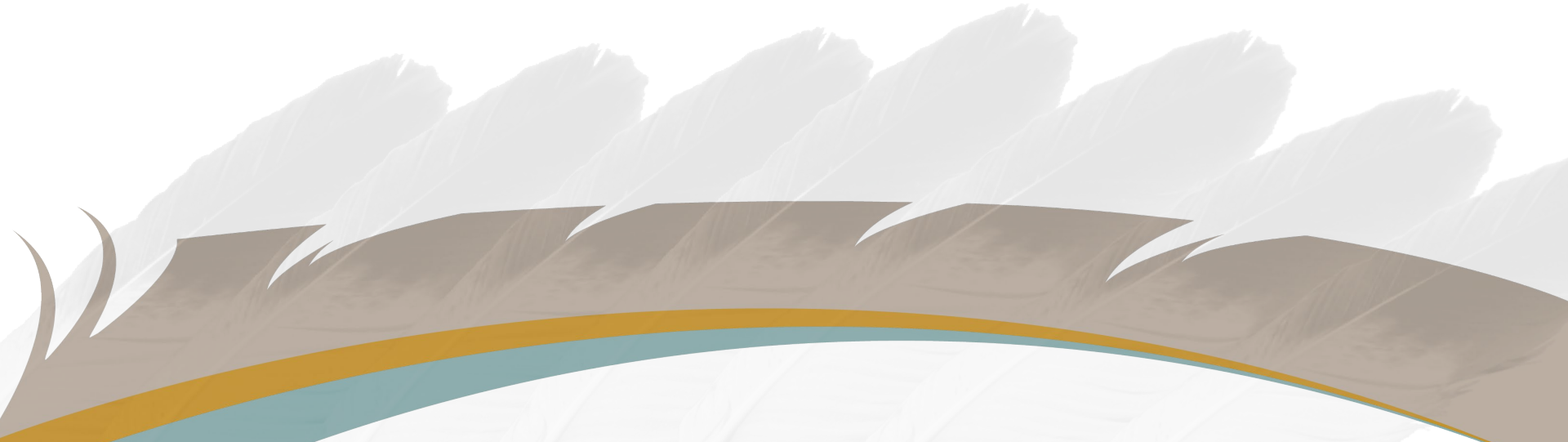




# The Importance of Prayer

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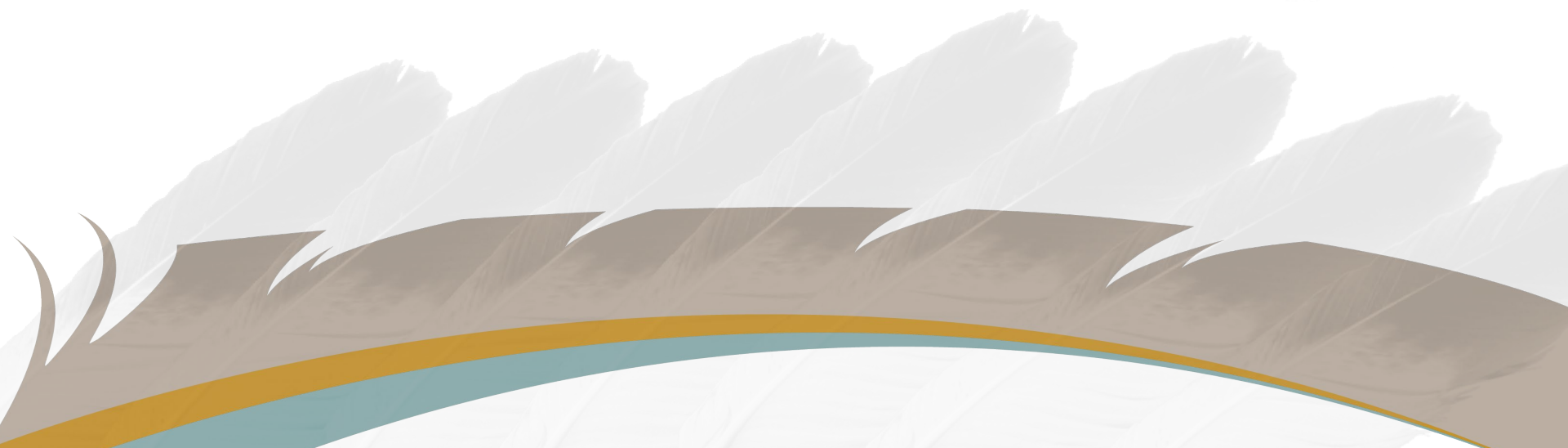
- How I was taught to pray
- First Nation's role in spirituality



# Smudging

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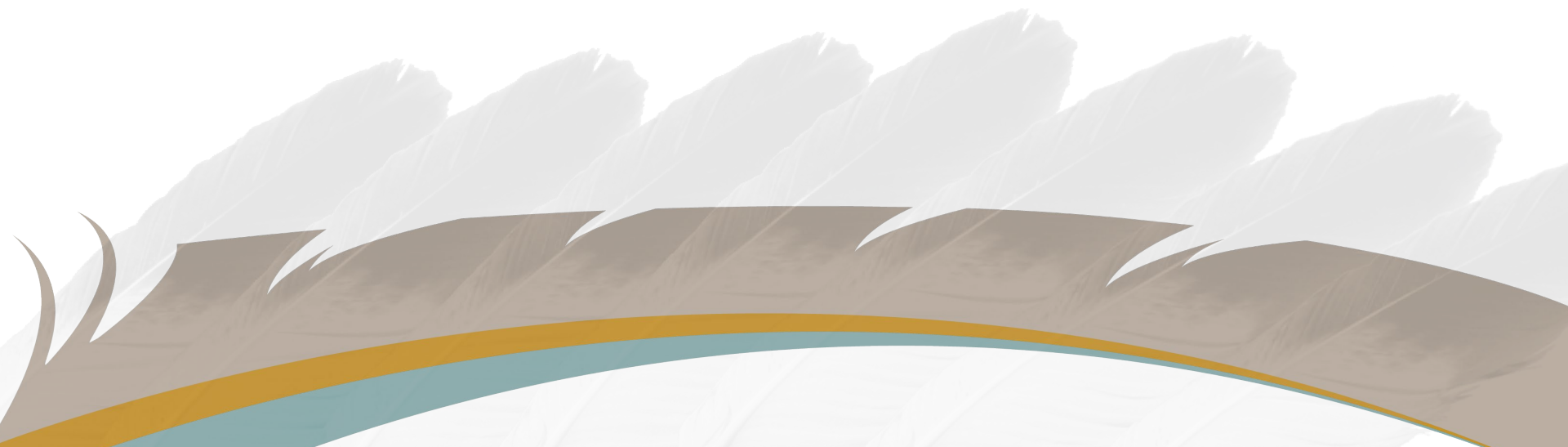
- Preparing for smudging
- Why we smudge
- How how to smudge (demonstration)







# Praying to the Four Directions

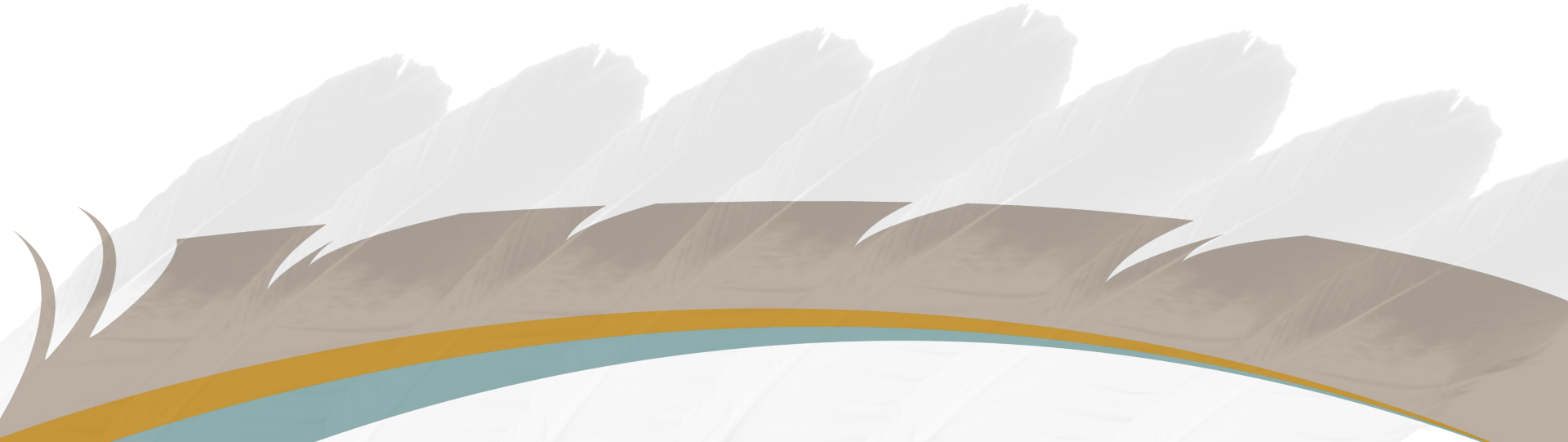




# Discussion

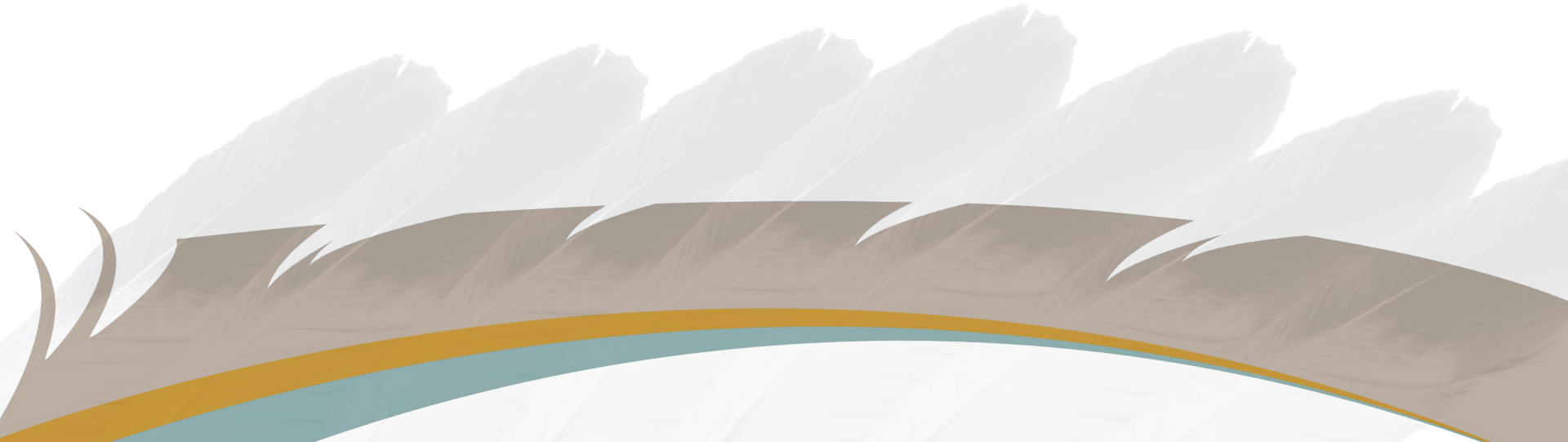
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Any questions?





# Closing Prayer





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