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, providing traditional medicine services to youth through telehealth.
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Traditional Medicine: Smudging for the New Year

• 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

• How I was taught to pray
• First Nation’s role in spirituality
Smudging

• Preparing for smudging
• Why we smudge
• How to smudge (demonstration)
Praying to the Four Directions
Discussion

Any questions?
Closing Prayer