



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

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*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

**Date: March 12, 2018**

Contact: Lori Wells, Manager

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**Subject: Native American Healing Practices**

**Traverse City** – Native American medicine goes back thousands of years and is based on the understanding that man is part of nature and health is a matter of balance. When early Europeans arrived in the United States more than 500 years ago, they were surprised to see Native Americans recovering from illnesses and injuries that they considered fatal. The Natives were using flowers, plants and trees as medicinal remedies for almost any kind of complaint. Today, not only are more Native Americans becoming interested in preserving their culture, but so too are healers from other perspectives eager to learn the healing traditions of ancient native medicine, as they search for alternative remedies.

Join Paul Raphael and JoAnne Cook of the Grand Traverse Band of Ottawa and Chippewa Indians as they discuss some traditional healing practices and offer a historical perspective of their use by Native Americans. The discussions will be given at three different locations of the Grand Traverse Senior Center Network: at the Traverse City Senior Center, 801 E. Front Street, on Wednesday, April 11, at 10 a.m.; in Kingsley, 115 E. Blair Street, on Monday, April 16, 6 p.m.; and in Interlochen, 9700 Riley Road, at the Golden Fellowship Hall, on Thursday, April 19, 12:30 p.m.

The presentations are free, but advance registration is required.

For more information, email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call the new program registration number at 231-922-2080.

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*The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit [www.grandtraverse.org/scn](http://www.grandtraverse.org/scn) or our Facebook page.*