



MEDICINE BUNDLE AND APAAKOZIGAN SESSION

PRESENTED BY HERB FINEDAY
FREE AND OPEN TO THE PUBLIC

SEPTEMBER 24
6:30 PM – 8:00 PM (CST)
VIA ZOOM

Register by emailing Ivy at ivyv@aicho.org with "Sept. 24 Medicine Bundle Session" in subject line by September 21.

ABOUT THE SESSION:

Herb Fineday, Fond du Lac Band of Ojibwe tribal member, will teach participants how to make a medicine bundle that can be worn around the neck as a necklace. Participants will also learn how to prepare apaakozigan for their pouch. The inner bark of red willow will be used for the kinnikinnick mixture. There will also be a cultural teachings throughout the session.



AICHO

American Indian Community
Housing Organization

This session is funded in part by the Minnesota Department of Human Services Behavioral Health Division.