



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

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*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

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Contact: Lori Wells, Manager

Phone/Email: 231-922-4911/lwells@grandtraverse.org

**Subject: Native American Healing Practices**

**Acme** – 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. 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.

Native Americans have used flowers, plants and trees for medicinal purposes. The herbs and other natural products, used in their remedies, were generally gathered from their surrounding environment, resulting in a wide variety of cures. However, sometimes items that were unavailable locally were traded over long distances.

Join Paul Raphael of the Grand Traverse Band of Ottawa and Chippewa Indians on Monday, May 8, at 6 p.m., at Samaritas Senior Living, 4354 Mt. Hope Road, Acme, as he discusses traditional healing practices and gives a historical perspective of their use by Native Americans. Raphael works with youth, is a substance abuse counselor and a Peacemaker in the Grand Traverse Band Tribal Court. His knowledge of Native American healing practices comes through the native culture and teachings passed down by the Elders of the tribe community.

The discussion is free, but advanced registration is required.

For more information, email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call 231-922-4911.

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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.*