

Asemaa & Can-Sa-Sa

Keep it Sacred



Research has shown that:

- American Indians smoke at a rate of almost 3 times higher than that of Caucasians.
- American Indian women in MN had the highest incidence and mortality rates of lung and bronchus cancer compared to women from any other racial/ethnic group in 1995-1999.

(Bemidji Area data are 1996-1998, taken from *Indian Health Service Regional Differences in Health*.)

Waybinigay Program offers:

- Six group sessions with an American Indian/Native American based curriculum.
- Incentives for each session attended.
- Cultural activities/events with community leaders, elders, and advisors.
- Alternative medicine therapies such acupuncture and massage are offered throughout the course of the project, free of charge for participants.
- Referrals to health professionals and existing resources.
- Childcare reimbursement available as well as transportation tokens for each session attended.
- Honoring ceremony

Criteria For Eligibility:

- Self Identified Native American women, 18 years or older
- Must be of child bearing age
- Self reported use of commercial tobacco
- Residing in the Twin Cities area



For further information,
please contact us:

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www.indigenouspeoplestf.org

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Education is critical. We need to reaffirm our religious freedom to protect our right to use tobacco in a sacred way. But we must also recognize and share information about the effects that abusing tobacco will have on our future. We want our children to grow healthy and strong. We want them to be around to be the elders of our tribes.

Sharon Day,

Ojibwe

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Other programs offered:

- Native Women's Peer education program
- Ogitchidaag Gikinooamaadag Youth Peer Education
- Two Spirited Risk Reduction
- IDU Outreach
- Ganawenima Case Management
- Maynidoowahdak Odena Supportive Housing Program
- Confidential Free HIV Testing, Counseling, and Referrals
- Pow-Wow Leadership

Indigenous Peoples Task Force

*Strengthening the Health and Education
of Native People*



Waybinigay:
***“Releasing our addictions” A
culturally specific smoking
cessation program for Native
American women***