

Have you ever wanted to learn about or participate in a sweat lodge?

The Curve lake Health Centre's Mental Health program would like to invite Curve Lake Band Members To participate in the harvesting of materials, construction, teachings and a "gentle" Sweat Ceremony conducted by Pete Keshane at the Health Centre.



Saturday June 17th @ 10am - ?pm

Sweat will be inclusive of men and women, no one under the age of 16 will be permitted

Please bring with you:

Towel or blanket

A pot luck dish for the feast to follow Sweat

Women are asked to wear long skirts and a T-shirt.

Men are asked to wear long Swim Style Shorts and a T-shirt

If you have any questions please contact Marcie at the Health Centre

705-657-2557

