



Culture Night

August 29, 2017
5:00pm—8:00pm
Rushmore Plaza Holiday Inn
Black Hills Ballroom
505 N 5th Street
Rapid City, SD 57701

**3RD ANNUAL GOOD HEALTH AND
COMMUNITY WELLNESS SYMPOSIUM**

Healthy appetizers will be served.

Traditional Foods Demonstration

“Wasna” (pemmican)

In the traditional way, Wasna was commonly used for ceremonies, offerings, and medicine. Today Wasna has become a delicacy. There are four types of Wasna; wild turnip, wild berry, dried meat, and dried corn. This presentation will teach you how to prepare the four types of Wasna or pemmican.

Traditional Hand Games Training

Hand Games

Hand Games are also called stick games or moccasin games. The Lakota Word is Hanpapecun. Each of the 16 sticks represents the Lakota spirits in the creation story. This training will show you how to play hand games and carry on this tradition.

This event is sponsored by AARP in partnership with Great Plains Good Health and Wellness, Great Plains Partnerships to Improve Community Health, and Rural America Initiatives: Ateyapi Program.

For more information contact Marie Zephier at 605-721-7615 or marie.zephier@gptchb.org.

Great Plains Tribal Chairmen’s Health Board

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