



MAY *is* Mental Health Awareness Month



Mental Health Month Closing Celebration:

Laughter is Medicine!

Wednesday, May 25, 2022

5:30 - 7:30 p.m.

MOVED to the Eagle's Nest Tribal Gym due to weather forecast!



Laughing Yoga
with Anna Hon

- Pizza, veggies & dessert provided
- Trade in your stamped Mental Health Month Passport for entries into our prize drawing — prizes will be drawn at the end of this event!!

Featuring: Stephanie Pangowish

Stephanie is a sassy, yet classy Anishinaabekwe from Wiikwemkoong on Manitoulin Island. She is an active community member, stand up comedian, Northern Style Women's Traditional dancer, educator, back up singer and an avid beader.

Stephanie obtained her western education at Trent University, taking Indigenous Studies where she barely passed. NDNs studying NDNs. She continues to learn from her children, family and community.



For more information, please contact: Kehli Henry at KHenry@sagchip.org or 989-775-4501



Saginaw Chippewa Indian Tribe of Michigan

“Working Together for Our Future”

7500 Soaring Eagle Blvd.
Mount Pleasant, MI 48858
989-775-4000
www.sagchip.org