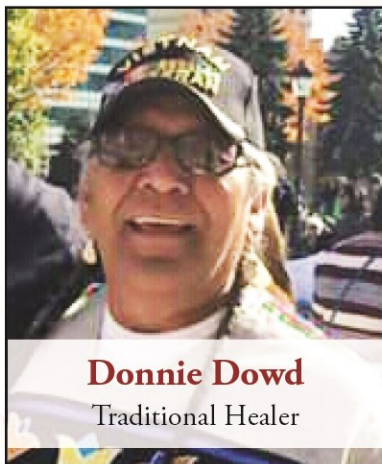




# Traditional Sweat Lodge



**Donnie Dowd**  
Traditional Healer

*Donnie Dowd has 40 years experience conducting healing lodges and Anishinabe teachings.*

**May 3, 2018**

**5 p.m.** | Sweat lodge teachings and fire lighting

**Lodge entry will be at sundown** (*This will vary according to the seasons.*)

**Location: SCIT Behavioral Health**  
2800 S. Shepherd Rd., Mt. Pleasant, MI 48858

## What is a Traditional Sweat Lodge?

A sweat lodge is a purification ceremony known by Anishinabe as the Odaswani. This ceremony cleanses the body, mind and spirit.

## Sweat lodge protocol

Each person will bring their own natural tobacco, a towel, flip flops (optional), water for afterwards, appropriate clothing: Men wear swim trunks or shorts, women wear long skirts and shirts that cover their shoulders. No piercings or earrings can be worn in the lodge.

## For more information, please contact:

Steve Pego at 989.775.4879 or [sjpego@sagchip.org](mailto:sjpego@sagchip.org)

## SCIT Behavioral Health Programs

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