

**Other services offered by  
the LTBB Community Health  
Department include:**

**Native Way Wellness & Prevention Center** is a Tribal exercise facility available to members, employees and their families. Medical release and an orientation session must be completed to gain access to the gym. Call Cathy @ 231-242-1601.

**Native Way Wellness Too** offers martial arts and native dance, Yoga, Tae Kwon Do for ages 8 and up. Class meets Tuesday/Thursday. Call Regina @ 231-242-1664 to register.

**Traditional Native Medicine**

Jake Pine is available for two days a month to offer traditional healing. Sweat lodge ceremonies and others are available locally. Call Cathy @ 231-242-1601 for an appointment

**Massage Therapy**

working with spirit helpers, acupuncture, and massage we are able to help you become centered, simultaneously reducing stress, alleviating aches and pains. Call Michele @ 231-242-1601

**LTBB Community Health  
Department Staff members**

Michele Keshick, RN  
Community Health Director  
(231)242-1601

Cathy Gibson  
Administrative Assistant  
(231)242-1601

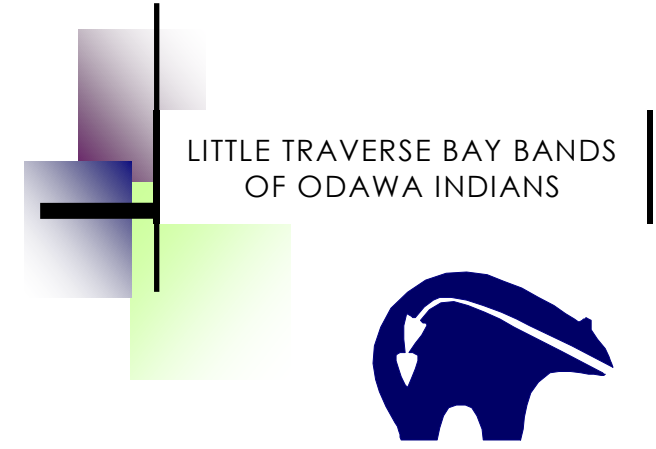
Valerie Williams, RN  
Home Health Nurse  
(231) 242-1605

Regina Brubacker-Carver, RN  
Health Educator  
(231)232-1664

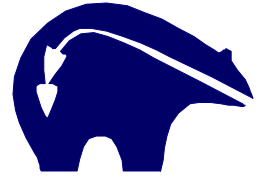
Tina Shawano, RN, BSN  
Maternal Child Health  
(231)242-1614

Carol Kiogima  
Community Health Representative  
(231)242-1603

Mary Gasco  
Community Health Representative  
(231)242-1604

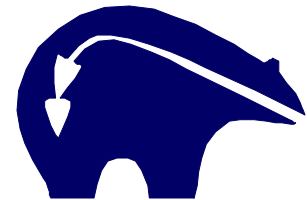


LITTLE TRAVERSE BAY BANDS  
OF ODAWA INDIANS



**Community  
Health  
Department**

The Community Health  
Department Staff  
is dedicated to strengthening  
the circle of life.



Located at Mina Mskiki Gumik

1250 Lears Road

Petoskey, MI 49770

## Wellness is achieved through balance Mnozhiyaadaa (Let's be in good health)

### Ziisabkwat Daapine

Diabetes can be prevented. We offer you the tools that you need to protect yourself and your family. Using modern and traditional teachings we can help each other achieve wellness through balance; strengthening the circle of life. We offer diabetes home management and prevention education that is culturally relevant, focusing on self management using self empowerment, physical activity and nutrition as tools. Sessions can be individual or group. We also offer a Chronic conditions self management class.

### Gichinendama Zidan Gamig

(Place of happy feet)

Diabetic Foot Specialists are available to perform annual diabetic foot exams and routine nail/foot care. Non-diabetics are welcome. This service is available to all Tribal members.

### Community Outreach Program

Under the direction of a physician, nurses and community health representatives are available to assess, educate and support community members on their journey to wellness, focusing on health promotion, disease prevention and management of chronic illness.

**Staff** is available to assist clients with the application process necessary to access community services. Includes but not limited to contract health, Medicare, Medicaid, Michild and social security.

**Elders**-outreach representatives are able to check in on Elders, or accompany you to your medical appointment as your advocate if needed.

**Medical Transportation**-is available to medical appointments only, if you do not have other means available to you. 72 hour notice is required.

### STEPS Program

Focuses on wellness by using education, physical activity and nutrition to decrease diabetes, asthma, obesity and tobacco abuse. Programs supported include Waganakising Martial Arts, yoga classes at the Native Way, the Home Grown Project, the Tribe2Tribe Walking Challenge and the A Better Choice camp for kids. Contact Regina Brubacker-Carver at 231-242-1664 for more information.