



## American Indian Health and Family Services Of Southeastern Michigan, Inc.

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Minobinmaadziwin "A Good Life"

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For Immediate Release

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### **American Indian Health hosts the 2016 Solstice**

**Detroit, MI**— American Indian Health and Family Services (AIHFS) invites you to join us at the annual Winter Solstice Celebration on Wednesday, December 21, 5-9pm. The event is sponsored by AIHFS, UM Dearborn and Southeastern Michigan Indians Inc. Solstice will take place at the University of Michigan – Dearborn's University Center, Kochoff Hall at 1133 University Center, Dearborn, MI.

***"Each year our organization celebrates the diversity and strength of the local urban Native American community and honors the tradition of the winter solstice through this dynamic community gathering. We welcome everyone to come celebrate community, wellness and healing with a traditional meal, music and great company,"*** said Dr. Ashley Tuomi (Confederated Tribes of Grand Ronde), Chief Executive Officer, American Indian Health and Family Services.

AIHFS is a non-profit health center serving the Native American community of Southeastern Michigan. Our mission is to empower and enhance the physical, spiritual, emotional, and mental wellbeing of American Indian families and other underserved populations in SE MI through culturally grounded health and family services.

There will be traditional and contemporary music, singing, dancing and a community building activity. Craft vendors will be selling traditional Native American crafts and there will be information available for many of AIHFS's programs. A feast hosted by our food sovereignty initiatives will feature foods grown in the AIHFS garden. AIHFS will host a raffle drawing at the end of the evening. A sacred fire will be available during the entire solstice event.

Please bring your feast bundles (plate, bowl, cup, and utensils) to reduce waste from disposable products. There will also be a giveaway, so everyone is welcome to bring a new, homemade or gently used item to contribute! Donations are welcome to help cover event costs.

For more information, call Nickole Fox (313) 846-3718 ext. 1400.