



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

---

Minobinmaadziwin "A Good Life"

### **American Indian Health Receives 3-year CDC Grant for Community Wellness Project**

Detroit, MI—American Indian Health & Family Services (AIHFS) has received a 3-year grant from the Center for Disease Control to fund a project to identify and implement cultural wellness practices. AIHFS is a nonprofit organization serving the Native American community in southeastern Michigan with culturally grounded health and family services. Established in 1978, AIHFS has grown to provide medical and behavioral health services, youth programming, a maternal-child health program, nutrition and fitness classes, as well as a variety of cultural services and community trainings. The organization strives to empower and enhance the physical, spiritual, emotional, and mental wellbeing of American Indian/Alaska Native families and other underserved populations.

The Tribal Practices for Wellness in Indian Country grant will support traditional practices that build connections to community, family, and culture—which have been shown to reduce risk for chronic disease among American Indians and Alaska Natives. Across the nation, 14 tribal nations and 14 urban native communities have been awarded—AIHFS is one of the 2 communities awarded in the Great Lakes region.

Locally, this initiative will be called The Minobimaadziwin ("Good Life") Community Wellness Project. To launch the project, AIHFS will host a Minobimaadziwin retreat which will identify and celebrate cultural practices that promote wellness. During the retreat, community members will co-create a wellness calendar that identifies cultural teachings, social celebrations, ceremonies, and skills that promote traditional healthy lifestyles. Those activities and practices will be arranged into a seasonal wellness plan that AIHFS will then offer to the community over the next 3 years.

In addition to the work within the Detroit urban community, the Minobimaadziwin Community Wellness Project will be partnering with 3 tribes in Michigan to offer wellness retreats in each of their local communities. As a result of these retreats, each partner community will create a seasonal wellness calendar based in their local cultural traditions. Community partners will have an opportunity to send representatives to a digital storytelling workshop that will allow each community to share their experience creating the wellness calendar, as well as other skills-building trainings.

AIHFS's CEO Ashley Tuomi said, "AIHFS is grateful to be chosen as a recipient for this grant from CDC, and we are eager to partner with tribal communities to create and implement relevant, seasonal plans that can be adapted to fit each tribe's needs and traditions. Culturally relevant healthcare is at the core of our community outreach, and my hope is that the strategies and tools we create will be effective for native generations to come."

For more information on American Indian Health & Family Services or how you can support its community efforts, please visit [aihfs.org](http://aihfs.org) or call Shiloh Maples at (313)846-3718. ###