

Traditional Workshop Series

Tsi Niionsáhkha Nikaháwi (Time of Cough and Cold)

Wednesday, October 28, 2015

6:00 to 8:00 p.m.

Tri-District Elders Lodge
on Kawehnó:ke/Cornwall Island

Free workshop for 15, ages 18+

Participants will learn how to make cough syrup, cough drops and flu mix from locally-harvested medicinal plants. Participants should bring their own 8oz. glass jar with a lid (tall baby food jar).

Call 613-937-4322
to register.

Hosted by Akwesasne
Family Wellness Program
in collaboration with the
Saint Regis Mohawk
Tribe's Á:se Tsi
Tewá:ton Program.

