



# FOLLOW UP

# HEALING PROGRAM

WITH MIKE JAMES



**March 2, 2025**

**10 am - 3 pm**

**XATŚULL GYM**

Open to Xatśull Community Members

Lunch & snacks are provided. Need to register & rides are available, contact Community Services **250-989-2355**

or [csreceptionist@xatsull.com](mailto:csreceptionist@xatsull.com)

Mike delivers programs on Ancient Traditional Native Games, Health & Wellness Issues, Culture, Suicide Prevention, etc. Mike's programs are very popular, successful and motivational; some communities have been utilizing his services for the past 40 years.

Mike is a certified Alcohol & Drug counselor, Sacred Bundle Carrier and Sacred Sweat Lodge Keeper. He conducts Ceremonies for numerous individuals of all Nations when requested.

**Discussions and activities may include, but not limited to: Cultural Awareness, Health & Healing, Coping Mechanisms, Alcohol & Drugs, Sweat Lodge Ceremonies, Ancient Traditional Native Games, etc.**

More information on Mike, his website: <https://aahngp.com/>

