

Spirituality is the foundation and guide of the Crow Indian culture. It is incorporated in every aspect of the Crow way of life.

Our Báa nnilah program is based on Crow cultural strengths:

Báa nnilah, advice that we all receive from others, is often shared through story and gives us instructions for life.

Babaxuaiitchik, the belief that every day is a good day and that life is more valuable than anything else. It entails having a positive approach to life.

Itchik diiwakaam and **itchik de baanaum** mean it is good to see you and good to talk with you. When individuals see each other, it is never with a quick hi and goodbye. This reflects the importance of spending quality time with others, of real listening and exchange, and understanding that others are special and what they share is important.

Daasachchuchik is having a strong heart. It gives us the desire and willingness to persevere in a positive way despite obstacles. Some use the word resilience to describe this.



The following are personal quotes from Crow community members who took part in the program:

"I have more confidence in myself. It helps to know someone is like me. I feel more confident talking with my doctor".

"I know I can always call upon Messengers for Health if I ever need help. I am a healthier person for all the help and information they have shared with all of us. Definitely an oasis in our community!!!! Ahó."

"I gained friendships, trust in those that we share some same experiences. It takes a community to learn & teach from each other."

"This program was the catalyst for so many positive things in my life. I have since built an extended therapy and health community around me that I am involved in on a daily basis. Gave me a new sense of purpose. So many good things."

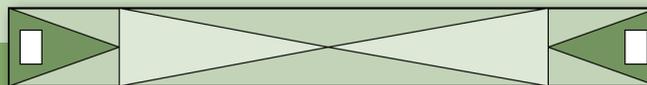
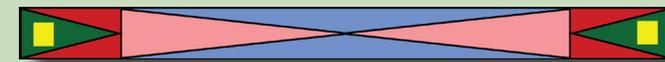
"I don't feel alone."

58% of community members who took part in the program said that they feel more hopeful.

79% said they are drinking more water.

60% said they have better communication with their doctor.

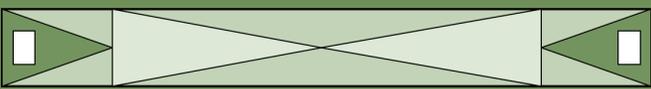
59% said they have better relationships with their spouse or other family members.



LEARN MORE:
MessengersForHealth.org
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406-665-5492

Báa nnilah program

Improving the health and wellness of Crow families.



Alma McCormick and Lucille Other Medicine are leading the Baa nnilah program. Messengers for Health is collaborating with all tribal entities, MSU - Bozeman and Bighorn Valley Health Center in Hardin.



Messengers for Health has expanded our programming to serve both men and women who want to learn about or improve their health.

Our Baa nnilah program was inspired from personal stories that community members shared with Alma McCormick about what helps and what makes it harder for them to manage their ongoing health concerns.

Crow community members who have been living with chronic health concerns and are doing well with their self-care will encourage others who are facing similar health challenges. Baa nnilah leaders provide real-life experience, knowledge and cultural strength for our Crow brothers and sisters that may not be available in most medical services. Messengers for Health will work to keep the program going long-term to help inspire a healthier Crow People.



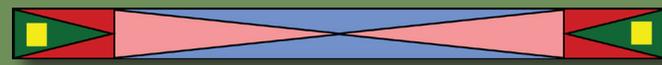
Baa nnilah Program at a Glance

This program is free for any Crow men, women, adolescents and elders who want to learn about or improve their health. It consists of a total of 7 gatherings. Participants will attend all 7 gatherings which include a free meal. Family members are welcomed to be involved and attend the gatherings.

- Gain knowledge and tools for healthy living and self-care to improve your quality of life.
- Share and apply Crow cultural strengths to improve the health of our community.
- Learn about nutrition and physical and emotional health through hands-on activities.
- Gain support and help from program staff and other participants to apply what is learned to your self-care.



Mentors Pam Garza & Laura He Does It with their Baa nnilah program graduates



Together let's take back our health!