



HONORING  
NATIVE  
AMERICAN  
HERITAGE DAY

We are Resilient.  
Our ways are Resilient.

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Native American Heritage Day is more than a celebration—it's a reminder to honor the voices, stories, and traditions that have shaped this land for generations. Today, let's take time to recognize Tribal communities around us and the way our differences can bring us together.

*“Not all peoples have the same historic and cultural backgrounds. We honor that there is more than one belief system and accept that the values, knowledge, and*



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*behavior of people must be understood within their own story and cultural context.*

***Acceptance is the opposite of oppression.***

— Vicki Lowe, Executive Director, American Indian Health Commission

*Our stories matter. Our sovereignty matters. Our knowledge matters.*

Whether it's speaking a word in your tribal language, cooking a traditional meal, or teaching a story to your children, every act of remembrance matters.