



Dr. Robert 'Rocky' Crocker presents:

An introduction to

The Red Road to Wellbeing

***An evening of Native American Teachings
and Story for our Personal Journey-***

The Red Road Way (Canku Luta Ogná) is not a religion or a list of things to do, but ***a way of being in this world*** - different to how most of us experience life. It has to do with walking in ***balance and harmony*** with our selves, with one another and with all of creation. It is a way of valuing life and all of creation more deeply, and trusting Creator to show us our path and be with us on our journey. As one Native American stated it, "We walk the red road by doing our utmost to follow the sacred teachings of the beloved elders that made the Red Road visible by walking it before us." While being deeply rooted in traditional Native American ceremony, the Red Road offers ways of thinking and being that are valuable for all creatures on earth and for the planet itself.

Rocky Crocker, MD, a physician of Native American (Choctaw) descent, has rich experience and knowledge in traditional and conventional healing modalities and philosophies. Join Rocky as he shares lessons from these traditional teachings and ceremony that can be applied to enrich of our lives, our health and wellness, and our relationships.

When: Wednesday March 18, 7-9pm

Where: Hocokah House, 283 Canterbury Rd, Canterbury 3126

Cost: \$20 (concession available)

Bookings: Tony 0403 320 554 or Sally 0402 004 858



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