

GET UP AND MOVE. FEEL THE POWER OF  
*Mother Earth*  
BELOW YOUR FEET



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Hummingbird  
INDIGENOUS FAMILY SERVICES

WATER IS LIFE.

# *Ride the Wave*



Hummingbird  
www.hummingbird.org

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# BREATHE



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*Your ancestors are  
so proud of you.*



*They gave you  
everything you need.*



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# PUSH WITH THE POWER OF YOUR ANCESTORS



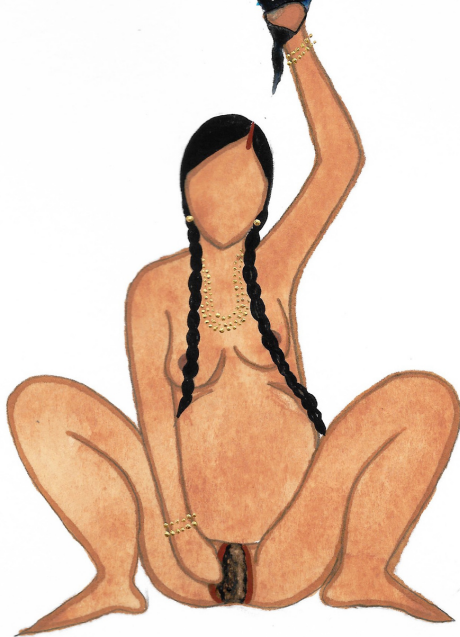
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**REACH FOR THE  
STARS AND GUIDE  
YOUR BABY  
EARTHSIDE**



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# Strong. Powerful. Indigenous.

YOU CAN DO THIS!



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