**SMUDGING IN PROGRESS**

Smudging will be taking place in this area today from:

[start time] to [end time].

You may smell some sacred medicines during this time.

## Smudging

Smudging is ceremony practiced in many First Nations and Métis cultures, in which one or more of the Sacred Medicines are burnt to purify a space and sometimes to invite the ancestors into a space. Some research has shown that smudging reduces levels of bacteria in a room.

**Sacred Medicines**

Tobacco (sema), sage (mshkwadewashk), sweet grass (wiingash), and cedar (kiishig), are sacred medicines in many Indigenous nations and are often used in traditional events and ceremonies, such as smudging. Sema, mshkwadewashk, wiingash and kiishig are the Ojibwe (Anishinaabemowin) words for these sacred medicines.

For more information on Indigenous ceremonies such as these, or to receive this information in an accessible format, please contact the Centre for Equity and Inclusion at equity@sheridancollege.ca or by calling 2229.