



	CASINO	GOLF	HOTEL	RESTAURANT	WATER
FOND-du-LAC	C		H		
BOIS FORTE	C	G	H	R	
GRAND PORTAGE	C		H	R	
LEECH LAKE	C		H	R1 R2 R3	
MILLE LACS			H	R	
PRAIRIE ISLAND		G			
RED LAKE	C		H	R	W
UPPER SIOUX				R	
WHITE EARTH	C		H	R	

Come Walk With Us - Explore a new adventure! Have fun, meet new friends and experience the essence of American Indian Community... Online @ www.wisdomsteps.org

The Wisdom Steps Card... Visit, Scratch, Save!

Visit www.wisdomsteps.org to purchase discount cards and link to our community logos to learn more about our communities!

<http://www.wisdomsteps.org>

Wisdom Steps is a preventive health program that encourages Elders to take simple steps to improve their health and the health of their communities.

Through your purchase of this Card, you are helping to support the development of preventive health programs for American Indian Elders across Minnesota reservation and urban communities.

Help our Indian Elders and receive valuable promotional discounts at the same time.

- [C]** Special Casino Promotions
- [F]** Special Food Promotions
- [G]** Special Golf Promotions
- [H]** Special Hotel Promotions
- [W]** Special Waterpark Promotions

Cost:
\$10.00 per Discount Card

Use:
Use at any of the participating American Indian Reservations from July 1, 2007 to June 30, 2010.



The Wisdom Steps Special Promotion Discount Card

*Help Our Indian Elders, and Receive
Special Promotional Discounts at Your
Favorite Minnesota Casinos.*

Purchase the Card... Get All Of **The Perks!**

Bois Forte Fortune Bay

Casino: (C)

\$5.00 in promo coin

Hotel: (H)

Purchase one standard room- \$49.00 (Sun. -Thurs.)

Restaurant Food: (R)

\$2.00 off any item in deli Wilderness

Wilderness Golf Course: (G)

One free bucket of range balls

Leech Lake

Northern Lights Casino Hotel & Event Center

Casino: (C)

Buy \$10 and get \$10 free

Hotel: (H)

Purchase one standard room for \$29.00 (anytime-one night, exclusions may apply)

Restaurant Food: (R)

Receive one free buffet meal (per day, per person)

Palace Casino

Casino: (C)

Buy \$10 and get \$10 free

Hotel: (H)

Purchase one standard room for \$29.00 (anytime-one night exclusions may apply)

Red Cedar Grill: (R)

Receive one free buffet meal (per day, per person)

White Oak Casino: (R3)

Restaurant Food: (F)

\$10 Food Voucher

Casino: (C)

Buy \$10 and get \$10 free

Grand Casino Mille Lacs or

Grand Casino Hinckley

Hotel: (H)

10% off hotel rack rate (Sun-Thurs)

25% off gift shop clothing and souvenirs

Restaurant: (R)

\$5 off \$10 or more meal at any food venue (Sun-Thur)

Prairie Island

Golf: (G)

Mount Frontenac Golf Course

18 holes with a cart for \$24.95 per person plus tax 20% off any merchandise purchased in golf shop.

Prairie's Edge Casino Resort

Restaurant Food: (R)

Meadows Buffet Restaurant-Two free buffet meals (Excluding Friday Night Seafood Buffet)

White Earth~Shooting Star Casino

Casino: (C)

Buy \$5 and Get \$5 free / 20% discount in Gift Shop

Hotel: (H)

Purchase one standard room for \$29.00 (1 night only)

Restaurant Food: (R)

Receive one free buffet meal

Grand Portage

Casino: (C)

\$10.00 for \$10.00 Casino Coupon

Hotel: (H)

Purchase one standard room for \$39.00 plus tax (Sun-Thur)

Restaurant Food: (R)

2 for 1 Island View Dining Room dinner (Up to \$20)

Fond-du-Lac~Black Bear Resort and Casino

Casino (C)

Buy \$5.00 - Get \$5.00 Free

Hotel (H)

10% off hotel rack rate anytime

Red Lake Nation~Seven Clans Casino

Casino: (C)

Seven Clans Casino-Thief River

Join the Zhooniya Players Club and earn 5 Points. Buy \$5.00 and get \$5.00 free

Hotel: (H)

Purchase one standard room for \$29.00 (Sun-Thur-One night only, black-out days apply)

Restaurant Food: (R)

Receive one free buffet (lunch only)

Water Park: (W)

Water Park passes free with any hotel stay (Check Water Park restricted use dates)

Support:

Your donation supports the development of preventive health programs for American Indian Elders and their families. Preventive health programs encourage Elders to take control of their health by:

- **Accessing Health Screenings**
- **Setting Personal Health Goals**
- **Managing Medicines**
- **Walking and Routine Exercise Programs**
- **Learning about Chronic Disease Management**
- **Taking Simple Steps to Improve Their Health**

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