About the Training
The Native Fitness Training is an introductory level training designed for anyone interested in fitness, those who have never had any fitness training, and for those who work in tribal wellness programs. Topics covered during the training include anatomy and physiology, biomechanics, nutrition, exercise and weight management, instructional skills, class development, marketing, injury prevention and safety, special populations, choreography, and legal considerations. Please note: This training does not provide the ‘Personal Trainer Certification.’

This training provides 18 hours (1.8) of Continuing Education Units. Curriculum was updated in 2013 by the Department of Health and Exercise Science at the University of Oklahoma.

Registration
Registration includes lunch, refreshments, training materials, and 18 or 1.8 Continuing Education Units.
Regular - $350
Combined with Conference - $300 ($600 total)

Lodging
*Visit website for more information

PHOENIX - January 2015
Hilton Phoenix/Mesa
1011 West Holmes Avenue
Mesa, AZ 85210
$109/night single and double (plus tax)

SAN DIEGO - March 2015
Town & Country
500 Hotel Circle North
San Diego, CA 92018
$129/night single and double (plus tax)
ABSTRACT OF THE CONFERENCE

We are pleased to announce the 17th Native Diabetes Prevention Conference to be held January 25-28, 2015, at the Hilton Phoenix/Mesa Hotel in Phoenix, AZ. The ongoing theme of this conference is "Protecting the Generations: A Lifespan Approach to Preventing Diabetes." The University of Oklahoma will provide up to 1.5 CEUs or 15 contact hours to any participants seeking continuing education credits.

WHO SHOULD ATTEND

In 2014, this annual conference brought together participants and presenters from more than 50 tribal nations and organizations from American Indian, Alaska Native, and Canadian First Nations communities. Participants and presenters include professionals and stakeholders representing tribal and public health systems, diabetes educators, clinicians, dietitians, community health representatives, and more. Conference tracks include:

- Diabetes Prevention
- Diabetes Management
- Wellness and Physical Activity (for diabetes prevention and self-management)

LODGING

Hilton Phoenix/Mesa
1011 West Holmes Avenue
Mesa, AZ 85210

Single/Double: $109/night (plus tax)
Includes breakfast buffet voucher for up to two guests per room/night, free parking, and free wifi.

Phone: (480) 833-5555
www.hiltonphoenixmesa.com

CONFERENCE WEBSITE

www.aii.ou.edu/nativediabetes/
Online Registration
Tentative Agenda
Call for Proposals
Lodging & Travel information
Exhibitor and Vendors
Sponsorship Opportunities

REGISTRATION

Registration includes all conference materials, daily lunch, breaks, conference t-shirt and access to Continuing Education Units. Verification of attendance is required for CEUs. Group discounts are available: 5% discount for groups of 5-9 and 10% discount for groups of 10 or more. Visit our website for online registration.

Regular (until January 9, 2015) $400
Late/Onsite (on or after January 10, 2015) $500
Elder (reserved for 60+ years of age) $250
Student $250
Presenter/One-Day Presenter $200/$75

Combined with Native Fitness Training ($600 total) $300
Exhibitor/Vendor $350

Closing circle during the 2014 Native Diabetes Prevention Conference in Phoenix.
We invite you to submit a workshop proposal for the 17th Native Diabetes Prevention Conference, scheduled January 25-28, 2015, in Phoenix, AZ. Workshops are 90 minutes in length and tracks include diabetes prevention, diabetes management, and wellness/physical activity for diabetes prevention and self-management. Please visit the conference website below to learn more and to download application materials. The deadline to submit a proposal is Friday, August 29, 2014. Each year, our national advisory team and conference participants recommend topics for workshops. Below is a comprehensive list of topics and areas of focus to guide your proposal. All are welcome to apply.

CONFERENCE TOPICS

• Diabetes 101 - We plan to offer an introductory workshop for participants who would like to better understand diabetes. Workshop should include an overview of diabetes (Type 1 and 2), causes of diabetes, insulin resistance, insulin deficiency, blood sugar, blood glucose levels, treatment, and steps for prevention.
• Nutrition interventions and traditional foods programs
• Target populations in diabetes prevention: children, adolescents, adults, and elders
• Gestational diabetes and programs supporting healthy pregnancies and early life development
• Care for the feet, limbs and wound care/prevention
• Tribal community and school-based interventions
• Multi-disciplinary team approach for diabetes prevention and management
• Wellness and physical activity programs for diabetes prevention
• Talking Circles - Diabetes acceptance and support
• Scientific and/or clinical research
• Role of stress and trauma in diabetes prevention and treatment
• Role of alcohol and substance abuse in diabetes prevention and treatment
• Documentaries related to diabetes prevention and/or the diabetes epidemic in Indian Country
• Health Coaching and/or Motivational interviewing for behavior change
• Role of physical therapy in diabetes prevention and management
• Coping with grief (for patients) and/or identifying grief in diabetes care (for care providers)
• Wellness: Zumba, Yoga, Pilates, Circuit Training and High Intensity Workouts, Walking Groups, Water Aerobics,
14TH NATIVE
Women & Men's Wellness Conference
March 22-25, 2015 • San Diego, CA • 2.0 CEUs (20 Hours)

ABOUT THE CONFERENCE
We are pleased to announce the 14th Native Women and Men’s Wellness Conference to be held March 22-25, 2015, at the Town & Country in San Diego, CA. Conference tracks include: Behavioral Health, Health Promotion and Disease Prevention, and Wellness. The University of Oklahoma will provide 2.0 CEUs or 20 contact hours to any participants seeking continuing education.

WHO SHOULD ATTEND
In 2014, this annual conference brought together participants and presenters from more than 75 American Indian, Alaska Native and Canadian First Nation communities. Participants include tribal health system and IHS employees, public health and social science researchers, social workers, counselors, psychologists, health educators, traditional foods educators, health promotion specialists, prevention specialists, alcohol and substance abuse treatment providers, suicide prevention specialists and stakeholders committed to improving health in Native communities.

REGISTRATION
Registration includes all conference materials, daily breakfast, lunch, breaks (M-W), conference t-shirt and access to Continuing Education Units. Verification of attendance is required for CEUs. Group discounts are available: 5% discount for groups of 5-9 and 10% discount for groups of 10 or more. You may also purchase a banquet ticket for yourself and guests. Please visit our website for online registration.

$430 - Regular (until March 6, 2015)
$500 - Late/Onsite (on or after March 7, 2015)
$250 - Elder (reserved for 60+ years of age)
$250 - Student
$200/$75 - Presenter/One-Day Presenter
$300 - Combined with Native Fitness Training ($600 total)
$400 - Exhibitor/Vendor

LODGING
Town & Country Hotel & Convention Center
500 Hotel Circle North - San Diego, CA 92018
$129/night single and double (plus tax)
Reservations Department: (800) 772-8527
Online reservations available on website below.

TENTATIVE SCHEDULE

Sunday, March 22, 2015
11:00 am - 4:30 pm  Registration
1:00 - 4:00 pm  Pre-Conference Institutes
5:00 - 6:00 pm  Welcome Gathering

Monday, March 23, 2015
8:30 - 10:00 am  Opening General Session
10:30 am - noon  Session 1: Concurrent Sessions
Noon - 1:15 pm  Lunch provided
1:30 - 4:30 pm  Sessions 2 and 3: Concurrent Sessions

Tuesday, March 24, 2015
8:30 - 10:00 am  Session 4: Concurrent Sessions
10:30 am - noon  General Session
Noon - 1:15 pm  Lunch provided
1:30 - 4:30 pm  Sessions 5 & 6: Concurrent Sessions
6:30 - 9:30 pm  Dinner Banquet and Entertainment

Wednesday, March 25, 2015
6:00 - 7:00 am  3rd annual 5-K Fun Run/Walk
8:30 - 10:00 am  Session 7: Concurrent Sessions
10:30 am - noon  Closing Circle
Noon - 1:00 pm  Lunch provided
1:00 - 2:00 pm  National Advisory Board Meeting
2:00 - 5:00 pm  Native Fitness Training begins

VISIT OUR CONFERENCE WEBSITE
www.aii.ou.edu/conferencestrainings/2015-native-women-mens-wellness
Online Registration • Tentative Agenda • Call for Proposals • Lodging & Travel Info
We invite you to submit a workshop proposal for our 14th Native Women & Men’s Wellness Conference, scheduled to be held March 22-25, 2015, at the Town & Country Hotel in San Diego, CA. This conference is dedicated to sharing best practices, research, and innovative programs throughout Indian Country. Workshops are 90 minutes in length and tracks include include behavioral health, health promotion/disease prevention, and wellness. Please visit the conference website below to learn more and to download application materials. The deadline to submit a proposal is Friday, August 29, 2014. Each year, our national advisory team and conference participants recommend topics for workshops. Below is a comprehensive list of topics and areas of focus to guide your proposal. All are welcome to apply.

Conference Tracks & Topics

**Behavioral Health**
- Mental Health Support
- Suicide Prevention
- Alcohol and Substance Abuse Prevention and Treatment
- Domestic Violence Support and Prevention
- Child and Elder Abuse Prevention
- Coping with Trauma, Grief, Stress
- PTSD and Support for Native Veterans and Active Duty Members
- Historical Trauma
- Documentaries on Mental Health Issues in Indian Country
- Healthy Relationships
- Family-Centered Programs
- Fatherhood Programs
- Support for grandparents raising children
- Spirituality
- Caregiver Burnout/Vicarious Trauma

**Health Promotion & Disease Prevention**
- Women & Men’s Health
- HP/DP Interventions
- Community/Tribal-Based Health Programs
- Public Health and Social Science Research
- Nutrition/Food Demonstrations
- School-Based Health Promotion
- Traditional Foods Programs
- Programs for Elders
- HIV/AIDS and STI Prevention
- Social Marketing
- Cancer Prevention, Education & Support
- Documentaries on Health Issues in Indian Country
- Digital Story-telling

**Wellness**
- Traditional Dance Workshops
- Zumba
- Walking/Running Groups
- Yoga, Pilates and Meditation
- Water Aerobics
- High Intensity/Circuit Training
- Traditional Drumming and Singing
- Support Groups (Cancer, Mental Health, AA/NA, etc)
- Natural Healing, Aromatherapy, Massage Therapy
- Traditional Arts and Crafts

Visit Our Conference Website
www.aii.ou.edu/conferencestrainings/2015-native-women-mens-wellness
Online Registration • Tentative Agenda • Call for Proposals • Lodging & Travel Info