2018 Native Women and Men’s Wellness and Diabetes Prevention Conference
March 25-28, 2018
New Orleans, Louisiana
Registration
Sunday
10:00 a.m. – 5:00 p.m.
Monday and Tuesday
7:30 a.m. – 5:00 p.m.
Wednesday
7:30 a.m. – 12:00 p.m.
Breakfast
Monday, Tuesday and Wednesday
8:15 a.m. – 9:00 a.m.
Exhibits Open
Sunday
2:00 p.m. – 5:00 p.m.
Monday and Tuesday
8:00 a.m. – 5:00 p.m.
Wednesday
8:00 a.m. – 1:00 p.m.

SUNDAY, MARCH 25, 2018

Sunday Session
2:00 p.m. – 2:30 p.m.
Chilling in a Goot Way
Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

Parents, teachers, counselors, community health representatives and direct service providers often give their time, attention and compassion to the people they serve at the cost of their own wellness. Spirituality and humor are the two primary strengths and resiliency factors for Native American people. This highly interactive and lively workshop combines stories, laughter, movement, music and prayer as a journey to healing. Be prepared to have fun during this highly interactive workshop.

Keynote Speaker
2:30 p.m. – 3:30 p.m.
Emotional Intelligence
Dr. Emma Seppala, Director of Stanford University’s Center for Compassion and Altruism, and author of The Happiness Track (2016). Dr. Seppala is an international speaker on the science of happiness. Dr. Seppala will be speaking on the subject of emotional intelligence.

3:30 p.m. – 4:00 p.m.
Right Brain, Left Brain
Carol LaRue, Occupational Therapist, Integrative Wellness, Speaker, Mentor, Owner of LifeCentrics and author of The Art of Self-Health

Our brains are hard-wired for balance and wholeness. Yet, as the saying goes, “If you don’t use it, you lose it.” Through life practices and habits, many of us tend to use or stimulate one brain hemisphere more than the other—ours yours right brain or left brain? This presentation will provide understanding of how to tap into the gifts of the whole brain, while creating a balanced relationship with ourselves and others. We will practice brain integration through fun and creative ways of thinking and moving.

Reception
4:00 p.m. – 5:00 p.m.

MONDAY, MARCH 26, 2018

Welcome and Opening Session
8:45 a.m. – 9:00 a.m.
Norma Neely, Director, American Indian Institute (Citizen Potawatomi); Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

Keynote Speaker
9:00 a.m. – 9:45 a.m.
A Message of Hope to Diabetics
Dr. Kham V Ung, podiatrist and surgeon, Sioux City, Iowa. Dr. Ung is nationally famous and is an expert on the prevention of amputations.

9:45 a.m. – 10:00 a.m.
Break

Session 1
10:00 a.m. – 11:00 a.m.
Healing Ancestral Trauma with the Emotion Code
Dr. Brad Nelson, CEO and Owner of the Healers Library, and author of The Emotion Code

Emotionally charged events from the lives of our ancestors can be passed down to us and can haunt us for a lifetime in the form of negative energies known as ‘trapped emotions.’ Not only does our emotional baggage cause many emotional difficulties, it also causes most of our physical pain and is now believed to be a major contributing cause to nearly all human diseases.

Using Humor to Rekindle the Spirit Within
Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

Parents, teachers, counselors, Community Health Representatives and direct service providers often give their time, attention and compassion to the people they serve at the cost of their own wellness. Learn how to develop a wellness plan and how spirituality is important through this process for also those living with the disease of diabetes. Spirituality and humor are two primary strengths and resiliency factors for Native American people. This highly interactive and lively workshop combines stories, laughter, movement, music and prayer as a journey to healing. Be prepared to have fun during this highly interactive workshop.

Madison Fulton, Inter Tribal Council of Arizona, Inc. (Navajo Nation); JT Nashio, Director of Community Health Representative (White Mountain Apache Tribe)

The Inter Tribal Council of Arizona, Inc. Health and Human Services (ITCA-HHS) Program administers the Center for Disease Control, “A Comprehensive Approach to Good Health and Wellness in Indian Country” (GHWIC) project. ITCA-HHS provides training and technical assistance to 13 Tribes located in Arizona, Nevada, and Utah to address chronic diseases through community chosen, and culturally adapted, Policy, Systems, and Environmental (PSE) changes. The panel focuses on introducing innovative approaches to combat chronic diseases by addressing historical trauma as the source of Policy, System and Environment changes, which have negatively impacted the overall health of tribal communities, and utilizing an Indigenous Framework Approach for community-chosen and culturally-adapted chronic disease interventions. Presenters will give an overview of the project and approach, outline the challenges and successes in implementing the approach, and provide insight in working with Tribes to develop the capacity to address chronic disease. More importantly, presenters will share their experiences in working for GHWIC Tribes to create stronger and healthier communities.

How to Perform Foot Exams on Reluctant Patients and Other Tidbits From a Shy LPN
Shaw Marie Tso, LPN, Patient Coordinator/Shining Mountain Health and Wellness (Navajo); Kendra Tortalita, RN, Ute Mountain Ute Diabetes Program

We will demonstrate how to do a foot exam using monofilament on each other, feel of the tuning forks and the basic details of a foot exam from a nurses standpoint.

Getting Youth and Elders Excited about Gardening and Community Gardens
Debra Mae Byrd, Yakama National Diabetes Program Manager (Yakama)

We will discuss our experience starting a community garden at our Yakama Nation Diabetes Center, promoting handicap accessible gardening at our Elders Housing Projects, and teaching youth about gardening while bridging the gap between Elders and Youth as they work on Gardening Projects together. The three presenters also will share our experience as we are all working on being Master Gardeners through the Washington State University Extension Program, it is a yearlong program.

11:00 a.m. – 11:15 a.m.
Break

Session 2
11:15 a.m. – 12:15 p.m.
Happy Brains
Tod C Robertson, Director/Seminole Nation FNS (Seminole); and Melissa Mack, Outreach, the Seminole Nation Food and Nutrition Program

What better place than at the “Big Easy” to “Roll the Dice,” “Go Traveling for Guimo Fixings,” or to “Toss Some Beads?” Whether you are working with Pre-K children or elders, learn activities that can be used to improve physical agility, develop teamwork, break the ice, and most of all, create a Happy Brain. Studies indicate that a “Happy Brain” can stimulate the growth of nerve connections, improve your cognition, affect your view of your surroundings and lead to more happy thoughts.
simple act of making this small commitment transforms most anyone will commit to moving 8 minutes a day. The ONE wants to lose only one pound! The Magic of 8 is that translates into losing 1 pound a month. Of course NO deficit of 100 calories a day. A 100 calorie a day deficit means a transformational power of exercising for 8 minutes a day.

The average person will burn 50 calories by moving 8 minutes. Giving up another 50 calories in food means a public health approach to evaluating the Traditional Western Apache Diet Project. In this presentation we will go over best and promising practices in taking a public health approach to evaluating the Traditional Western Apache Diet Project, a Good Health and Wellness in Indian Country (GHWC) project, funded by the Center for Disease Control and Prevention Center (CDC). There are three main learning objectives that the participants will learn. In the first learning objective, participants will increase their knowledge of how to evaluate a traditional food project from a public health approach. In the second learning objective, participants will increase their knowledge of what types of evaluation measures and performance measures are used for evaluating a traditional food project. In the third learning objective, participants will be able to understand how evaluation can support and guide traditional foods project for the purpose of combating chronic disease such as diabetes.

Plain Language for Health Communication
Susan Gay, M.A.Ed., CHES, Public Health Training Coordinator of Southern Plains Tribal Health Board
Most health information is presented in ways that are not easily understood by the majority of Americans. This workshop will provide practical information on how to use plain language in health communication. By the end of the workshop, participants will be able to: 1. Define plain language, 2. Review materials for readability, 3. Practice writing in plain language.

Public Health Approach to Evaluating the Traditional Western Apache Diet Project
Emery Tahy, Epidemiologist II/Inter Tribal Council of Arizona (ITCA) Tribal Epidemiology Center (TEC) (Dine’ Navajo)

Healthy Lunch Provided
12:15 p.m. – 1:00 p.m.

Keynote Speaker
1:00 p.m. – 1:45 p.m.

The Emotion Code: How to Release Your Trapped Emotions
Dr. Brad Nelson, CEO and Owner of the Healers Library, and author of The Emotion Code. Dr. Nelson offers a program that is both powerful and a simple way to rid yourself of unseen baggage. The Emotion Code allows people to improve their lives by ridding themselves of their emotional baggage, a major underlying cause of addictions, depression, anxiety, phobias, panic attacks, eating disorders and PTSD, as well as physical problems including fibromyalgia, chronic fatigue syndrome, digestive disorders, asthma, arthritis and so on.

1:45 p.m. – 2:00 p.m.

Session 3
2:00 p.m. – 3:00 p.m.

Make Your Home Your Heart
Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)
Learn how to stay in control when things are getting hard to handle. Develop a method for using your anger as a powerful and positive tool. Find and eliminate the root of the problem in any conflict. Neutralize negative feelings after a difficult encounter. Deal with a potentially difficult situation before it gets out of hand. Recognize and manage the power of the image you communicate. Learn to make sure your body language, eye contact, tone of voice and gestures communicate the message you want.

Deal confidently and powerfully with difficult people. Learn powerful techniques to resolve differences, diffuse anger and negotiate agreement. Learn to appear poised and confident even when you’re not. Define your “power communication” profile and learn what it is and what it means to you.

Health Through Culture and Art: American Indian Women’s Heart Health Awareness
Suzanne Cross, LMSW, ACSW, PhD, LLC, Consultant (Saginaw Chippewa Indian Tribe of Michigan)
The session will begin with the sharing of the presenter’s experience with cardiovascular disease and how she was able to incorporate culture and art into the healing process. She has created thirteen shawls for the Healing Through Culture and Art: Shawl Collection for American Indian Women, which is designed as a catalyst to emphasize and increase awareness of cardiac health. The collection’s purpose is to inform, support and encourage mindfulness of self-care; and provide an opportunity to highlight the frequency of cardiovascular diseases of women. Also, to underscore the differences in the symptomology of females from those experienced by males; and include cultural aspects that may not be encompassed in other heart awareness campaigns. During this session there will be sharing of several models of cult and rally relevant health awareness activities.

Reclaiming Our Path of Well-Being
Eva Renee Thomas-Hill, Elder-McMaster University, Indigenous Studies Program (Mohawk)
Retracing our foot prints of restoring our well-being through participating & discussion. A process of selecting (7) Volunteers who will be given cue cards & props. They will pass on their basket of life skills of well-being. As generations gift their children, there will be a process of removing & replacing. This is a powerful visual aid to all.

Radical Resilience: Transforming STRESS to Yes!
Carol LaRue, Occupational Therapist, Integrative Wellness, Speaker, Mentor, Owner of LifeCentrics and author of The Art of Self-Health
Raging stress can take a radical toll on your health and well-being and calls for RADICAL RESILIENCE! Can you really DO LESS and HAVE MORE? YES! This presentation will help you move from “stressed out,” “burned out,” “overwhelmed,” and “too busy” to saying “YES!” again to what matters most in life—your health, your relationships and your service to others. In this session you will learn and apply simple holistic approaches to personal stress management and self-care. While nourishing your own body, mind and spirit, you will learn and experience The Art of Self-Health which includes simple integrative skills and practices for increasing energy, effectiveness, enjoyment and resilience to STRESS.

During this session you will:
• Learn ways of personal empowerment for positive change through SELF-AWARENESS, PRESENCE, MINDFULNESS and gentle MOVEMENT.
• Awaken and nourish the spirit of your “inner healer” through seven energy centers (chakras) and seven dimensions of well-being.
• Learn and practice simple skills that enhance self-awareness, self-love and effectiveness in daily self-care choices impacting your resilience, both personally and professionally.
• Laugh, have fun and be well-nourished...body, mind and spirit!

Sleep Better
Lisa Millington, University of Oklahoma Health and Wellness, University of Oklahoma’s Chief Wellness Officer
Sleep is an incredibly important process and essential to our brain and our body. Join us at this Lunch & Learn to find out the facts, tips and tricks of sleep.

3:00 p.m.– 3:15 p.m.

Break
3:15 p.m. – 4:00 p.m.

Angie’s Basket: A Healthy Lifestyle Project
Lisa Millington, University of Oklahoma Health and Wellness, University of Oklahoma’s Chief Wellness Officer

Break
3:15 p.m. – 4:00 p.m.

Angie’s Basket: A Healthy Lifestyle Project
Lisa Millington, University of Oklahoma Health and Wellness, University of Oklahoma’s Chief Wellness Officer

Break
4:00 p.m. – 4:15 p.m.

Train the Trainer: A Holistic Approach to Health Improvement
Lisa Millington, University of Oklahoma Health and Wellness, University of Oklahoma’s Chief Wellness Officer

Break
4:15 p.m. – 4:30 p.m.

Angie’s Basket: A Healthy Lifestyle Project
Lisa Millington, University of Oklahoma Health and Wellness, University of Oklahoma’s Chief Wellness Officer

Break
4:30 p.m. – 4:45 p.m.

Angie’s Basket: A Healthy Lifestyle Project
Lisa Millington, University of Oklahoma Health and Wellness, University of Oklahoma’s Chief Wellness Officer

Break
4:45 p.m. – 5:00 p.m.

Angie’s Basket: A Healthy Lifestyle Project
Lisa Millington, University of Oklahoma Health and Wellness, University of Oklahoma’s Chief Wellness Officer
Walk this Weigh
Barbie Johnson, ACSM, NSCA-PT, LMT (Cherokee)

“WALK THIS WEIGH” - This workshop is a 14-step plan for feeling “GOOD.” About one-third of the steps deal with nutritional habits. Another third focuses on attitudes and the mind. The last third is focused on movement. WALKING. This fun, energetic and activity based workshop is for anyone who has been on a diet, or for the individual that knows that they need to make little lifestyle changes. You will learn, laugh and get great tips that will help you in making Lifestyle Changes. “What have you got to LOSE.”

Special Session
4:20 p.m. – 5:20 p.m.
Healing Circle
Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

TUESDAY, MARCH 27, 2018

Keynote Speaker
9:00 a.m. – 9:45 a.m.
Politics Aside: How Tribal Nations Come Together to Prepare Youth For Success
Dr. Lancer Stephens, Associate Director of Outreach, Department of Endocrinology and Diabetics, University of Oklahoma Medical Center. Dr. Stephens’ research interest lies in disease prevention programs for youth and health literacy for all ages.

Within this interactive discussion, Stephens will address some well-known casual agents of poor health for American Indians and how tribal nations of Oklahoma have come together to give youth the skills, knowledge and support to overcome such obstacles.

9:45 a.m. – 10:00 a.m.
Break

Session 5
10:00 a.m. – 11:00 a.m.

Happy Brains
Tod C Robertson, Director/Seminole Nation FNS (Seminole); and Melissa Mack, Outreach, the Seminole Nation Food and Nutrition Program

What better place than at the “Big Easy” to “Roll the Dice,” “Go Trawling for Gumbo Fixings,” or to “Toss some Beads?” Whether you are working with Pre-K children or elders, learn activities that can be used to improve physical agility, develop teamwork, break the ice and most of all, create a Happy Brain. Studies indicate that a “Happy Brain” can stimulate the growth of nerve connections, improve your cognition, affect your view of your surroundings and lead to more happy thoughts.

Avoiding Chronic Disease with Exercise and Nutrition
Chance Adams, Wellness Director, Choctaw Nation of Oklahoma (Choctaw)

Learn how to avoid or cure chronic disease with exercise and proper nutrition. Take a real world, simplistic approach to avoiding, or curing, diseases such as Type II diabetes, hypertension, hyperlipidemia, obesity and so on.

Plain Language for Health Communication
Susan Gay, M.A.Ed., CHES, Public Health Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

This workshop will provide practical information on how to use plain language in health communication. By the end of the workshop, participants will be able to: 1. Define plain language, 2. Review materials for readability, 3. Practice writing in plain language.

TOUR DE UTE: A Journey of Wellness
DeAnne House, BS Degree, Behavioral Health Professional, Tribal Councilwoman, Ute Mountain Ute Tribe; Bernadette Cuthair, Planning Director; Priscilla Blackhawk Rente; Elder/Courts; Maraya Killsmall, Youth; Kermit Palmer, Executive Director

The youth of the Ute Mountain Ute Tribe are leading change in community wellness, diabetes prevention, substance and suicide prevention through a holistic strategy called Tour de Ute – A Journey of Wellness. Since 2015 they have written, performed and directed two international award winning films and designed a comprehensive Master Community Plan for promoting self sufficiency and wellness. In this presentation, youth and youth elders will present highlights of their films and an overview of the Comprehensive Master Community Plan to demonstrate their creativity, as well as teach participants how to engage intergenerational leadership teams in designing future tribal communities for improved health and wellness.

11:00 a.m. – 11:15 a.m.
Break

Session 6
11:15 a.m. – 12:15 p.m.

Power to Heal, Power to Love
Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

Most of us don’t realize that as individuals we have the capacity to heal ourselves from many of the afflictions that put us in a state of imbalance. Sometimes we have to give ourselves “permission” to see this inner strength and capacity. One of the paths to personal healing is our willingness to embrace intimacy and love. In this practical yet inspiring session, discussion topics will include dealing with family hurts in coping and dealing with the disease of diabetes, the effects that diabetes has on each family member, upbringing, life’s lessons, personal vision and learning to embrace love as powerful medicine for healing. This workshop will also discuss how to maintain a better way of life in living with the disease of diabetes on a daily basis.

Interval Circuit
Barbie Johnson, ACSM, NSCA-PT, LMT (Cherokee)

Destressing on a Shoestring Budget
Charlotte Ross, Consultant (Montreal Lake Cree Nation)

Through active participation in this session, you will learn how to decrease your stress on a shoestring budget while having fun and learning how to release tension from your surroundings and lead to more happy thoughts.
body. By using humor and self-care techniques, we can re-learn how to connect to our mind, body and spirit. We will engage our senses of touching, feeling, smelling, seeing and tasting in this session to fully embrace life and learn new patterns of positive self-care. We will learn the importance of the feet, the hands, the shoulders and the head with the activities planned. As a result of this session, you will be prepared to handle stress on a shoestring budget.

Promoting Culture in Wellness Programs
Sara Peterson, Ho-Chunk Nation Health and Wellness Coordinator (Ho-Chunk Nation)
Learning how to establish wellness programs within tribal nations built on a foundation of cultural and language to combat childhood obesity and diabetes and promote overall wellness in tribal populations.

Strategies for Prevention of Type 2 Diabetes in Your Communities
Tonya Wapskineh, Diabetes Prevention Manager/Cherokee Nation (Cherokee)
The presenter will provide the definition of prediabetes and the importance of screening. Ms. Wapskineh will also introduce the Diabetes Prevention Program and the success the Cherokee Nation has had in their communities since implementing the program in 2006. Ms. Wapskineh will provide information on the SDPI IHS Diabetes Prevention toolkit and will discuss the CDC National Diabetes Prevention Recognition Program.

Healthy Lunch Provided
12:15 p.m. – 1:00 p.m.

Keynote Speaker
1:00 p.m. – 1:30 p.m.

Stretching and Movement
Lisa Millington, Chief Wellness Officer, University of Oklahoma. Lisa Millington is a certified yoga instructor, personal trainer and certified wellness coach. Learn simple ways to relieve everyday tension and reverse the negative health impacts caused by the repetitive motions of desk work.

1:30 p.m. – 1:45 p.m. Break

Session 7
1:45 p.m. – 2:45 p.m.

A Little Bit of Spice Can Be Really, Really Nice
Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)
In this workshop, the participants will learn healthy ways of staying connected and reconnecting with loved ones. Participants will explore both unhealthy and healthy behaviors as well as attitudes. We will also explore traditional values, morals and beliefs along with spiritual implementation in our daily lives. Our spiritual implementation on a daily basis should include ourselves, family, environment and community. A safe place will be provided for the participants to begin their healing journey.

Healing Through Culture and Art: American Indian Women’s Heart Health Awareness
Suzanne Cross, LMSW, ACSW, PhD, LLC, Consultant (Saginaw Chippewa Tribe of Michigan)
The session will begin with the sharing of the presenter’s experience with cardiovascular disease and how she was able to incorporate culture and art into the healing process. She has created thirteen shawls for the Healing through Culture and Art: Shalv Collection for American Indian Women, which is designed as a catalyst to emphasize and increase awareness of cardiac health. The collection’s purpose is to inform, support and encourage mindfulness of self-care; and provide an opportunity to highlight the frequency of cardiovascular diseases of women. Also, to underscore the differences in the symptomology of females from those experienced by males; and include cultural aspects that may not be encompassed in other heart awareness campaigns. During this session there will be sharing of several models of cut and rally relevant health awareness activities.

Wellness in the Workplace
Birdie K. Wermy, EpCenter National Evaluation Project, Specialist/NW Portland Area Indian Health Board
The Northwest Portland Area Indian Health Board (NPAIHB) located in Portland, Oregon has a wellness policy allowing staff 30 minutes of paid wellness time, during a work day to participate in healthy activities. The goal of this policy is to break up the 8-10 hour day(s) of work by getting up and moving. Studies have shown that if you are sitting for prolonged periods of time, strain on the back and neck will increase. We will cover our wellness policy and provide other materials and tools surrounding wellness in the workplace. We will also provide data on fitness challenges our staff has participated in during the last year along with materials to be implemented in other work places.

The Medicine Wheel with a Mental Health Aspect
John Lee Soap, Jr., Out-Patient Therapist for Behavioral Health Services (Absentee Shawnee)
The Medicine Wheel is the representation of all things connected within the circle of life. It is told that there are more than 100 relevant traditional teachings given of the Medicine Wheel. I hope my teaching is relevant to you all. Each teaching holds its own meaning and purpose. I feel my teaching meaning and purpose of the Medicine Wheel usually focuses on the significance of the numbers 4 and 7. Commonly the Medicine Wheel teaches 7 aspects within each of the 4 quadrants that represent life in specific stages. The four directions, the four elements of life, the four medicines, the four seasons, the four states of well being, the four colors of man and four stages of life.

2:45 p.m. – 3:00 p.m. Break

Session 8
3:00 p.m. – 4:00 p.m.

Women’s Self Defense in the Choctaw Nation: An Effort to Reduce Domestic Violence
Melanie L. Jones, Grant Manager, Choctaw Nation of Oklahoma; Ray Harp, Master Instructor, 7th Dan Tae Kwon Do; Elizabeth Dew, LPC, LADC, 4th Dan Tae Kwon Do
The Choctaw Nation of Oklahoma (CNO) Indian Health Services Domestic Violence Prevention grant has partnered with McAlester Tae Kwon Do since 2011 to provide women’s self defense (WSD) to patients at the Chi Huulo Li Women’s Drug and Alcohol Treatment Facility. This workshop will discuss the correlation of substance abuse and domestic violence, the effects of the WSD classes on patients and on their treatment and recovery experience. The partnership between the grant and McAlester Tae Kwon Do expanded in 2016 and began providing 3-hour WSD seminars to women in communities throughout the CNO. These seminars serve as primary prevention of domestic violence, assault, and suicidality, and provide education of signs of domestic violence and resources available. This workshop will include results of these increased efforts, as well as video clips of classes, instructor demonstrations of scenarios and audience participation of techniques taught in the courses. Presented by 3 facilitators - Melanie Jones, Choctaw Nation Grants Manager; Ray Harp, Master Instructor McAlester TKD and Elizabeth Dew, LPC and Black Belt.

The Soul’s Journey
Melanie Jill Fraser, Senior Counselor at Native Horizons Treatment Centre (Cayuga); Tammy General, Senior Counselor at Native Horizons Treatment Centre (Seneca)
A modality of Self Reflection to help the people understand there is a closure of ghosts past. This workshop will help you evolve to opening the door to Your True Self.

Reclaiming Our Path of Well-Being
Eva Renee Thomas-Hill, Elder-McMaster University, Indigenous Studies Program (Mohawk)
Retracing our foot prints of restoring our well-being through participating & discussion. A process of selecting (7) Volunteers who will be given cue cards & props. They will pass on their basket of life skills of well-being. As generations gift their children, there will be a process of removing & replacing. This is a powerful visual aid to all.

Radical Resilience: Transforming STRESS to Yes!
Carol LaRue, Occupational Therapist, Integrative Wellness, Speaker, Mentor, Owner of LifeCentrics and author of The Art of Self-Health
Raging stress can take radical toll on your health and well-being and calls for RADICAL RESILIENCE! Can you really DO LESS and HAVE MORE? YES! This presentation will help you move from “stressed out,” “burned out,” “overwhelmed,” and “too busy” to saying “YES!” again to what matters most in life—your health, your relationships
and your service to others. In this session you will learn and apply simple holistic approaches to personal stress management and self-care. While nourishing your own body, mind and spirit, you will learn and experience *The Art of Self-Health* which includes simple integrative skills and practices for increasing energy, effectiveness, enjoyment and resilience to STRESS.

During this session you will:
- Learn ways of personal empowerment for positive change—through **SELF-AWARENESS**, **PRESENCE**, **MINDFULNESS** and gentle **MOVEMENT**.
- Awaken and nourish the spirit of your “inner healer” through seven energy centers (chakras) and seven dimensions of well-being.
- Learn and practice simple skills that enhance self-awareness, self-love and effectiveness in daily self-care choices impacting your resilience, both personally and professionally.
- Laugh, have fun and be well-nourished…body, mind and spirit!

**Special Session**  
4:05 p.m. – 5:05 p.m.  
*Healing Circle*  
Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

**WEDNESDAY, MARCH 28, 2018**

**Closing Session**  
9:00 a.m. – 9:15 a.m.  
Norma Neely, Director, American Indian Institute (Citizen Potawatomi); Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

9:15 a.m. – 9:30 a.m.  
*Chair Exercises*  
Barbie Johnson, ACSM, NSCA-PT, LMT (Cherokee)

**Keynote Speaker**  
9:30 a.m. – 10:15 a.m.  
*Participatory Research and Policy Work to Address Diabetes, Obesity and Cardiovascular Disease in Native American Communities: Challenges and Opportunities*  
Dr. Valarie Blue Bird Jernigan (Choctaw), Community-based Participatory Researcher. Dr. Jernigan is principal investigator for the “THRIVE” study which is implementing healthy makeovers in tribally owned convenience stores in the Chickasaw and Choctaw Nations of Oklahoma

Native American communities have higher rates of obesity, diabetes and cardiovascular disease than non-Native communities. The Institute of Medicine and Centers for Disease Control and Prevention recommend environmental and policy strategies (e.g. ensuring provision of healthy food and beverage options in schools; increase access to healthy foods in food deserts) to prevent obesity and produce broad, high-impact, sustainable health outcomes for communities. However, implementing these strategies in Native communities is poorly understood. This presentation will summarize case studies of diverse Native communities engaging in community-based participatory research and policy work to identify appropriate evidence-based strategies and implement and evaluate them within tribal community settings.

10:15 – 10:30  
*Break*

10:30 – 12:00 p.m.  
*Closing Circle*  
Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

12:00 p.m. – 12:30 p.m.  
*Distribution of CEUs and Evaluations*