

SAVE - THE - DATE

September 30 & October 1, 2008



NATIVE FITNESS V NIKE WORLD HEADQUARTERS BEAVERTON, OR

Certified Trainers from:



Program Administrator
Fitness Promotion and Education



For Registration Info:

Siena Lopez-Johnston

Phone: (503) 416-3289

Email: sienalopez@npaih.org

Monika McGuire

Phone: (503) 416-3291

Email: mmcguire@npaih.org

Western Tribal Diabetes Project

Northwest Portland Area Indian Health Board

527 SW Hall St. Ste. 300, Portland, OR 97217

Toll Free (800) 862-5497

Guest Speakers:

Darryl Tonemah

Behavioral Change Specialist Diabetes Prevention

Vanessa Short Bull

First Native American Miss South Dakota/Comedian

N7 Fitness Endorsed Athlete

Who Should Attend?...

Native Fitness Leaders

Community Wellness Leaders

Diabetes Coordinators

Why You Should Attend?...

Receive skills in basic aerobic training

Learn creative techniques in physical fitness training

Learn culturally specific approach to health & wellness

Certificate of completion