

# NATIVE FITNESS XI

NIKE WORLD HEADQUARTERS  
BEAVERTON, OREGON



## Who Should Attend?

- Diabetes Coordinators
- Tribal Fitness Coordinators
- Community Wellness Trainers
- Youth Coordinators
- Tribal Leaders

## Why Should You Attend?

- Receive skills in basic aerobic training
- Learn creative fitness training techniques
- Learn culturally specific approaches to health & wellness
- Certificate of Completion (upon request)

# SAVE THE DATE

JULY 29 & 30, 2014

### For Registration Information:

Western Tribal Diabetes Project \* Northwest Portland Area Indian Health Board  
Toll Free: 1-800-862-5497 \* Email: [wtdp@npaih.org](mailto:wtdp@npaih.org)



Northwest Portland Area  
Indian Health Board  
Indian Leadership for Indian Health