

Gathering Our Voices 2013 on Health

Conference Agenda

* Abbreviations: (PTCC) Penticton Trade & Convention Centre; (Penticton CC) Penticton Community Centre;
and (PIB Gym) Penticton Indian Band Gym

Tuesday March 19, 2013

10:00am – 4:00pm	Conference Registration	Lakeside
5:00pm-7:30pm	Dinner, Opening Ceremonies and Keynote Address	PTCC
	Blessing of the food	
	Buffet Dinner	
	Welcome to the Territory	
	Dignitaries Grand Entry	
	Keynote Address	

Wednesday March 20, 2013

7:00am – 8:30 am	Breakfast	PTCC	Ballroom 2
7:00am – 8:00am	Session 0 Workshops		
	Fit Nation – Aboriginal Fitness Program	Penticton CC	Gymnasium
	Funk-tion for Life: Personal Trainer	Penticton CC	Fitness Room
9:00am – 5:00 pm	Career and Education Fair Open	PTCC & Lakeside	
9:00am – 12:00pm	Session 1 Workshops	Venue	Room
	FASD (Alcohol Related Brain DisAbilities)	Curling Club	Upper Room
	Images of Wellness	Elks Hall	Room One
	I?c'xwaxws (The Teachings from Within)	Enowkin Centre	Enowkin Centre
	Cedar Bark Basket Weaving	Lakeside	Eagle Room
	Don't be a Stereotype!	Lakeside	Raven Room
	Dreams in Motion	Lakeside	Coyote Room
	Financial Literacy Workshop	Lakeside	Bear Room
	Gangs, Court, and You	Lakeside	Moose Room
	Personality Dimensions	Lakeside	Owl Room
	Healthy Thinking – Healthy Life	Legion	Room One
	Moving Towards a Stronger Future	Legion	Room Two
	Energy Conservation	Penticton CC	Ocean Room
	Personal Leadership	Penticton CC	Mountain Room
	Elders Don't Bite	PTCC	Pine/Cedar Room
	What Does Self-Sufficiency Mean to You?	PTCC	Salon A
	Get Up, Get Moving!	PTCC	Oak Room
	Nutrition: Babies, Boobies, Bottles, and Beikost	Ramada	Courtyard Ballroom
	EVA BC's Indigenous Communities Safety Project (1/2)	Sandman	Studio 1
	Young Artists Warriors Honouring our Sacred Gifts	Sandman	Studio 2
	Axé Capoeira	SS Sicumus	30x90
9:00am – 10:30am	Session 2 Workshops	Venue	Room
	Métis Aerobic: Hip Hop Jigging	Days Inn	Daybreak
	Aboriginal non-Profit HR and Workforce Strategy	Lakeside	Wolf Room
	For Youth, by Youth: Youth Led HOW TO's	Deer Room	Lakeside



Wednesday March 20, 2013 Continued...

	Traditional Food as Healing Food	Lakeside	Salmon Room
	Break Free: An Introduction to Breakdancing	Penticton CC	Dance Studio
	Fitness Nutrition	Penticton CC	River Room
	Funk-tion for Life: Personal Trainer	Penticton CC	Fitness Room
	Teaching of Aboriginal Hip Hop Hoop Dancing	Penticton CC	Gymnasium
	Wellness Warriors: NIGHTHAWKS Mind & Body Fitness	PIB Gym	Gym Side A
	Assertion of First Nations Rights for Economic Benefit	PTCC	Oak Room
	Champions for Change	PTCC	Birch Room
	Healthy Relationships Begin with Me	PTCC	Boardroom
	Preventing Sexual Exploitation and Human Trafficking	PTCC	Salon B
	Health Hunt	Sandman	Okanagan Room
	Nourished form Soul to Sole	Sandman	Studio 3
	A Tribe Called Intern	SS Sicumus	Forward Lounge
	Healing through Drumming	SS Sicumus	Sea Deck
	Richness is Independence	SS Sicumus	Back Lounge
10:30am – 11:00am	Wellness Break		
11:00am – 12:30pm	Session 3 Workshops	Venue	Room
	Métis Aerobic: Hip Hop Jigging	Days Inn	Daybreak
	Aboriginal non-Profit HR and Workforce Strategy	Lakeside	Wolf Room
	For Youth, by Youth: Youth Led HOW TO's	Lakeside	Deer Room
	Traditional Food as Healing Food	Lakeside	Salmon Room
	Break Free: An Introduction to Breakdancing	Penticton CC	Dance Studio
	Fitness Nutrition	Penticton CC	River Room
	Funk-tion for Life: Personal Trainer	Penticton CC	Fitness Room
	Teaching of Aboriginal Hip Hop Hoop Dancing	Penticton CC	Gymnasium
	Wellness Warriors: NIGHTHAWKS Mind & Body Fitness	PIB Gym	Gym Side A
	Assertion of First Nations Rights for Economic Benefit	PTCC	Oak Room
	Champions for Change	PTCC	Birch Room
	Healthy Relationships Begin with Me	PTCC	Boardroom
	Preventing Sexual Exploitation and Human Trafficking	PTCC	Salon B
	Health Hunt	Sandman	Okanagan Room
	Nourished form Soul to Sole	Sandman	Studio 3
	A Tribe Called Intern	SS Sicumus	Forward Lounge
	Healing through Drumming	SS Sicumus	Sea Deck
	Richness is Independence	SS Sicumus	Back Lounge
12:30pm – 1:30pm	Lunch	PTCC	
1:30pm – 4:30pm	Session 4 Workshops	Venue	Room
	Images of Wellness	Elks Hall	Room One
	Making Sense of Senses	Enowkin Centre	Enowkin Centre
	Cedar Bark Basket Weaving	Lakeside	Eagle Room
	Don't be a Stereotype!	Lakeside	Raven Room
	Financial Literacy Workshop	Lakeside	Bear Room
	Health Careers 101	Lakeside	Deer Room
	Sit Like an Eagle	Lakeside	Salmon Room
	Healthy Thinking – Healthy Life	Legion	Room One
	Indig-A-Fit	Penticton CC	Gymnasium
	Youth Inclusion Awareness project	Penticton CC	Ocean Room
	Personal Leadership	Penticton CC	Mountain Room



Wednesday March 20, 2013 Continued...

	Get Up, Get Moving!	PTCC	Oak Room
	How Coyote Imitated Bear and Kingfisher	PTCC	Salon A
	EVA BC's Indigenous Communities Safety Project (2/2)	Sandman	Studio 1
	Honour Youth Health Video Workshop	Sandman	Okanagan Room
	Young Artists Warriors Honouring our Sacred Gifts	Sandman	Studio 2
	Axé Capoeira	SS Sicumus	30x90
1:30pm – 3:00pm	Session 5 Workshops	Venue	Room
	Be more Outgoing and Meet New Friends	Days Inn	Riverside Room
	Métis Aerobic: Hip Hop Jigging	Days Inn	Daybreak Room
	Aboriginal non-Profit HR and Workforce Strategy	Lakeside	Wolf Room
	Reconciling Our Histories	Lakeside	Owl Room
	Voices of Experience	Lakeside	Orca Room
	Individual Aboriginal Holistic Health Toolkit	Legion	Room Two
	Break Free: An Introduction to Breakdancing	Penticton CC	Dance Studio
	Funk-tion for Life: Personal Trainer	Penticton CC	Fitness Room
	Stages of Change	Penticton CC	River Room
	Assertion of First Nations Rights for Economic Benefit	PTCC	Alder Room
	Bullying Prevention: Beyond the Hurt	PTCC	Birch Room
	Healthy Relationships Begin with Me	PTCC	Boardroom
	Preventing Sexual Exploitation and Human Trafficking	PTCC	Salon B
	Witness Pieces of History - Reconciliation	PTCC	Hemlock Room
	Rezz to Riches: Hip Hop 101	Ramada	Courtyard Ballroom
	Nourished from Soul to Sole	Sandman	Studio 3
	Healing through Drumming	SS Sicumus	30x90
	Pro-Action Café: Crafting Healthy Communities	SS Sicumus	Back Lounge
	Youth Engagement: Get Your Voice Heard	SS Sicumus	Forward Lounge
3:30pm – 5:00pm	Session 6 Workshops	Venue	Room
	Be more Outgoing and Meet New Friends	Days Inn	Riverside Room
	Métis Aerobic: Hip Hop Jigging	Days Inn	Daybreak Room
	Aboriginal non-Profit HR and Workforce Strategy	Lakeside	Wolf Room
	Voices of Experience	Lakeside	Orca Room
	Break Free: An Introduction to Breakdancing	Penticton CC	Dance Studio
	Funk-tion for Life: Personal Trainer	Penticton CC	Fitness Room
	Stages of Change	Penticton CC	River Room
	Bullying Prevention: Beyond the Hurt	PTCC	Birch Room
	Healthy Relationships Begin with Me	PTCC	Boardroom
	Preventing Sexual Exploitation and Human Trafficking	PTCC	Salon B
	Standing in Unity and Living Our Rights	PTCC	Alder Room
	Witness Pieces of History - Reconciliation	PTCC	Hemlock Room
	Rezz to Riches Hip-Hop 101	Ramada	Courtyard Ballroom
	Nourished from Soul to Sole	Sandman	Studio 3
	Healing through Drumming	SS Sicumus	30x90
	Pro-Action Café: Crafting Healthy Communities	SS Sicumus	Back Lounge
	Youth Engagement: Get Your Voice Heard	SS Sicumus	Forward Lounge
4:30pm – 8:00pm	Dinner – Delegates on their own		
8:00pm - 10:30pm	Youth Talent Show	PTCC	Ballroom 2
	<i>Doors open at 7:00pm</i>		



Thursday March 21, 2013

7:00am - 8:30am	Breakfast	PTCC	Dining Hall
7:00am – 8:00am	Session 0		
	Fit-Nation – Aboriginal Fitness Program	Penticton CC	Gymnasium
	Funk-tion for Life: Personal Trainer	Penticton CC	Fitness Room
9:00am – 5:00pm	Career and Education Fair Open	PTCC & Lakeside	
9:00am– 12:00pm	Session 7 Workshops	Venue	Room
	FASD (Alcohol Related Brain DisAbilities)	Curling Club	Upper Room
	Images of Wellness	Elks Hall	Room One
	l?cx'xwaxws (The Teachings from Within)	Enowkin Centre	Enowkin
	Don't be a stereotype	Lakeside	Raven Room
	Dreams in Motion	Lakeside	Coyote Room
	Gangs, Court, and You	Lakeside	Moose Room
	Personality Dimensions	Lakeside	Owl Room
	Salish Wool Weave Headband	Lakeside	Eagle Room
	Healthy Thinking – Healthy Life	Legion	Room Two
	Moving Towards a Stronger Future	Legion	Room One
	Elders Don't Bite	PTCC	Cedar/Pine Room
	How Coyote Imitated Bear and Kingfisher	PTCC	Salon A
	Young Artist Warriors Honouring Our Sacred Gifts	Sandman	Studio 2
	Axé Capoeira	SS Sicumus	30x90
9:00am – 10:30am	Session 8 Workshops	Venue	Room
	Métis Aerobic: Hip Hop Jigging	Days Inn	Daybreak Room
	Zumba Fitness	Days Inn	Riverside Room
	Aboriginal non-Profit HR & Workforce Strategy	Lakeside	Wolf Room
	For Youth by Youth: Youth Led HOW TO's	Lakeside	Deer Room
	Traditional Food as Healing Food	Lakeside	Salmon Room
	Break Free: An Introduction to Breakdancing	Penticton CC	Dance Studio
	Pro-Action Café: Crafting Healthy Communities	Penticton CC	Mountain Room
	Teaching of Aboriginal Hip Hop Hoop Dancing	Penticton CC	Gymnasium
	Wellness Warriors: NIGHTHAWKS Mind and Body	PIB Gym	Gym Side A
	Assertion of First Nations Rights for Economic Benefit	PTCC	Alder Room
	Bullying Prevention: Beyond the Hurt	PTCC	Birch Room
	Preventing Sexual Exploitation and Human Trafficking	PTCC	Salon B
	Rezz to Riches: Hip-Hop 101	Ramada	Courtyard Ballroom
	Health Hunt	Sandman	Okanagan Room
	Human Performance: Image and Fitness Myths	Sandman	Studio 3
	Youth Engagement: Get Your Voices Heard	Sandman	Studio 1
	A Tribe Called Interns	SS Sicumus	Forward Lounge
	Healing Through Drumming	SS Sicumus	Sea Deck
10:30am - 11:00am	Wellness Break		
11:00am – 12:30pm	Session 9 Workshops	Venue	Room
	Métis Aerobic: Hip Hop Jigging	Days Inn	Daybreak Room
	Zumba Fitness	Days Inn	Riverside Room
	Aboriginal non-Profit HR & Workforce Strategy	Lakeside	Wolf Room
	For Youth by Youth: Youth Led HOW TO's	Lakeside	Deer Room
	Traditional Food as Healing Food	Lakeside	Salmon Room
	Break Free: An Introduction to Breakdancing	Penticton CC	Dance Studio



Thursday March 21, 2013 Continued...

	Pro-Action Café: Crafting Healthy Communities	Penticton CC	Mountain Room
	Teaching of Aboriginal Hip Hop Hoop Dancing	Penticton CC	Gymnasium
	Wellness Warriors: NIGHTHAWKS Mind and Body	PIB Gym	Gym Side A
	Bullying Prevention: Beyond the Hurt	PTCC	Birch Room
	Preventing Sexual Exploitation and Human Trafficking	PTCC	Salon B
	Standing in Unity and Living Our Rights	PTCC	Alder Room
	VIHA Health Careers Interactive Workshop	PTCC	Hemlock Room
	Rezz to Riches: Hip-Hop 101	Ramada	Courtyard Ballroom
	Health Hunt	Sandman	Okanagan Room
	Human Performance: Image and Fitness Myths	Sandman	Studio 3
	Youth Engagement: Get Your Voices Heard	Sandman	Studio 1
	A Tribe Called Interns	SS Sicumus	Forward Lounge
	Healing Through Drumming	SS Sicumus	Sea Deck
12:00pm – 1:30pm	Lunch	PTCC	Big Room
1:30pm – 4:30pm	Session 10 Workshops	Venue	Room
	I?c'xwaxws (The Teachings from Within)	Enowkin Centre	Enowkin
	Don't be a Stereotype	Lakeside	Raven Room
	Health Careers Panel 102	Lakeside	Moose Room
	Salish Wool Weave Headband	Lakeside	Eagle Room
	Sit Like an Eagle	Lakeside	Salmon Room
	Indig-A-Fit	Penticton CC	Gymnasium
	Youth Inclusion Awareness Project	Penticton CC	Ocean Room
	How Coyote Imitated Bear and Kingfisher	PTCC	Salon A
	Get Up, Get Moving!	PTCC	Oak Room
	Honour Youth Health Video Workshop	Sandman	Okanagan Room
	Young Artist Warriors Honouring Our Sacred Gifts	Sandman	Studio 2
	Axé Capoeira	SS Sicumus	30x90
	Making Sense of Senses	SS Sicumus	Forward Lounge
1:30pm – 3:00pm	Session 11 Workshops	Venue	Room
	Taking Action 4 Youth! Art and HIV Prevention	Days Inn	Day Break
	Zumba Fitness	Days Inn	Riverside Room
	Aboriginal non-Profit HR & Workforce Strategy	Lakeside	Wolf room
	For Youth by Youth: Youth Led HOW TO's	Lakeside	Deer Room
	Reconciling Our Histories	Lakeside	Owl Room
	Voices of Experience	Lakeside	Orca Room
	Witness Pieces of History – Reconciliation	Lakeside	Bear Room
	Individual Aboriginal Holistic Health Toolkit	Legion	Room Two
	Pro-Action Café: Crafting Healthy Communities	Penticton CC	Mountain Room
	Stress Management Strategies	Penticton CC	River Room
	Assertion of First Nations Rights for Economic Benefit	PTCC	Alder Room
	Bullying Prevention: Beyond the Hurt	PTCC	Birch Room
	Rezz to Riches: Hip-Hop 101	Ramada	Courtyard Ballroom
	Richness is Independence	SS Sicumus	Back Lounge
3:00pm – 3:30pm	Wellness Break		
3:30pm – 5:00pm	Session 12 Workshops	Venue	Room
	Taking Action 4 Youth! Art and HIV Prevention	Days Inn	Day Break
	Aboriginal non-Profit HR & Workforce Strategy	Lakeside	Wolf room



Thursday March 21, 2013 Continued...

	For Youth by Youth: Youth Led HOW TO's	Lakeside	DeerRoom
	Reconciling Our Histories	Lakeside	Owl Room
	Voices of Experience	Lakeside	Orca Room
	Witness Pieces of History – Reconciliation	Lakeside	Bear Room
	Individual Aboriginal Holistic Health Toolkit	Legion	Room Two
	Pro-Action Café: Crafting Healthy Communities	Penticton CC	Mountain Room
	Stress Management Strategies	Penticton CC	River Room
	Bullying Prevention: Beyond the Hurt	PTCC	Birch Room
	Curious About Cancer	PTCC	Hemlock Room
	Standing in Unity and Living Our Rights	PTCC	Alder Room
	Rezz to Riches: Hip-Hope 101	Ramada	Courtyard Ballroom
	Richness is Independence	SS Sicumus	Back Lounge
4:30pm – 8:00pm	Dinner – Delegates on their own		
8:00pm – 11:00pm	Much Music Dance and Live Performance <i>Doors open at 7:00pm</i>	PTCC	Ballroom 2

Friday March 22, 2013

	Breakfast - Delegates on their own		
7:00am – 8:00am	Session 0		
	Fit Nation – Aboriginal Fitness Program	Penticton CC	Gymnasium
9:00am – 12:00pm	Career and Education Fair Open	PTCC	
9:00am – 11:00am	Cultural Morning	PTCC	Ballroom 2
11:00am – 12:00pm	Closing Plenary	PTCC	Ballroom 2
	First Nations Leadership Council BCAAFC Youth Executive Oonakane Friendship Centre Representative BCAAFC Youth Executive Honour An Aboriginal Youth awards Door Prizes/Grand Prize Draw		



Workshop Descriptions

Aboriginal non-profit HR & Workforce Strategy – A Discussion about recruiting & retaining the best and the brightest from our Community

By: Victoria Native Friendship Centre
Sessions: 2, 3, 5, 6, 8, 9, 11 & 12

This lounge style workshop will discuss a provincial strategy to strengthen the Aboriginal Non Profit (ANP) workforce. Our talk will include visions for cultural and traditional values models with involvement of youth and Elders throughout the session. The flow of the session is as dynamic as your ideas so come willing to share and learn from others who have experience in the ANP.

Tailored for students/interns, volunteers, staff and board members of ANPs, this talk is open to youth, young adults and chaperones.

Assertion of First Nations Rights for Economic Benefit

By: New Relationship Trust
Sessions: 2, 5, 8, & 11

This presentation showcases the processes and steps that First Nations have taken to assert their rights within their traditional territories. It focuses on how Land Use Planning, Governance, and Consultation and Accommodation strategies can be used to unify a First Nation to maximize its participation in the economic projects in its territory.

The target age for this workshop is 19-24 years old.

A Tribe Called Interns

By: Aboriginal Youth Internship Program
Sessions: 2,3,8 & 9

Our workshop will explore what it means to be an Aboriginal intern within the government and how the skills we learn will benefit our communities. We will discuss what we have learned both professionally and culturally, how this internship has led us to gain more First Nations connections and encouraged us to connect with our culture.

Axé Capoeira

By: Marco Caffiero, Patrick Henderson and Michael Lewinson
Sessions: 4, 7 & 10

The main theme of this workshop will be health and fitness and the positive outcomes for physical release through Capoeira, other forms of martial arts, and sports in general. During this workshop students will gain knowledge of Capoeira, i.e. history, indigenous influences that helped shape the martial art over 400 years, what Capoeira is today, what it has done for myself and the other workshop facilitators, and what it can offer you. The class will start with a fun Capoeira style warm up, followed by a quick stretch, and then learn some basic movements and acrobatics from Capoeira and kickboxing techniques. Students will get a feel for what Capoeira is and will walk away with a new perspective on the art and the importance of health and fitness.

Be More Outgoing and Meet New Friends!

By: Warren Hooley
Sessions: 5 & 6

This workshop is full of games, exercises, and interaction amongst participants. We want to get up, move around and start acting like the person we are when we are with our best friends. I was extremely shy for over 22 years of my life! But now I facilitate workshops and perform on stage for a living! Let me show you how I got from Point A to Point B with some fun and easy ways to lift your spirits, raise your self-beliefs, and tap into your inner child!

Break Free: An Intro to Breakdancing

By: LaW Roberts
Sessions: 2, 3, 5, 6, 8 & 9

Learn how to get started with Breakdancing by starting with the basics. You'll learn toprock, go downs, down rock, stalls and other tricks/moves. This workshop is suitable for all skill levels as well as both guys and gals. This is a great opportunity to discover the positives of dance. Not only is breakdancing fun, exciting, and impressive, it's also Healthy for your body, mind and spirit!

Bullying Prevention: Beyond the Hurt

By: Federation of Aboriginal Foster Parents
Sessions: 5, 6, 8, 9, 11, & 12



The goal of this workshop is to identify what bullying is, its different types, and how we prevent it in our communities. Through discussion and activity we will promote wellness, healthy relations, and create awareness about the devastating effects bullying has on our communities.

Cedar Bark Basket Class

By: Jessica Casey and Robert Joe

Sessions: 1 & 4

This workshop is an introduction to Cedar Bark weaving. Through discussion, we will talk about the process of harvesting and preparing Cedar Bark. You will learn the basics of checkerboard weave in Red Cedar and twining techniques with Yellow Cedar before starting your own project. A decorative weft of cherry bark or dyed Red Cedar will be incorporated into the design of the basket. The goal of the workshop is to connect you to a past way of life, to a tradition that our people always practiced and used in everyday life, and identify with our culture. A culture that is alive and rich as the Cedar Tree itself.

Champions for Change: Child and Youth Rights Workshop

By: Nina Purewal, The Representative for Children and Youth (BC)

Sessions: 2 & 3

Designed to provide vulnerable youth with information, this skill building workshop will assist them to understand and advocate for their rights and learn how to have their voices and views heard and considered in decisions about their lives. There are small and large group discussions to encourage participatory learning, reflective exercises that build capacity and confidence and assist youth to expand their resources and knowledge of supports in their communities, and fun games which encourage youth to 'show what they know'. Youth will learn about their rights, the RCY, and how to be effective self-advocates.

The target age for this workshop is 14-18 years old.

Curious About Cancer

By: El Taylor, BC Cancer Agency Prevention Programs

Sessions: 12

Youth attending the workshop will take part in a dynamic format to "thoughtstream" their questions, concerns, fears, and solutions regarding cancer and its impact in their communities. The workshop will provide an opportunity for youth to be curious – to talk about a subject which has been taboo for many cultures. To overcome the fear factor and to move toward a healthy vision for communities, youth will have an opportunity to meet with other youth who are actively involved in cancer prevention, healing, and teaching in their schools and communities.

Don't Be A Stereotype!

By: First Nations Education Steering Committee

Sessions: 1, 4, 7 & 10

It is an unfortunate reality that Aboriginal people are still restricted by the stereotypes that too many non-Aboriginal people have of Inuit, Métis, and First Nations peoples. But where does the solution lie in changing how Aboriginal people are viewed by others? There is a collective challenge for the individual, the community, institutions, and the media in creating a more varied, deeper, and extensive understanding of who Aboriginal people are. This workshop will focus on the unique role of youth in taking leadership in how they want the world to see them. What power and control you have is there for the taking if you desire!

Dreams in Motion

By: Lindsay Willie and James Jones

Sessions: 1 & 7

Lindsay Willier and James Jones team up and share their life stories and give insight on goal setting, self-esteem building and what it takes to achieve your dreams. Lindsay and James talk about their experiences on *Canada's Next Top Model* and *So You Think You Can Dance Canada*, as well as life after the show.

Elders Don't Bite

By: BC Association of Aboriginal Friendship Centres's Elders Council/PAYC Provincial Aboriginal Youth Council

Sessions: 1 & 7



Elders have so much to offer: wisdom, patience, kindness, guidance and time. They open their hearts in this workshop to those youth looking to connect with Elders, just as they look to connect with youth. These two groups have so much to share and the learning goes both ways. This open circle discussion will have directed topics relevant to both groups and seeks to create a space where mutual respect and understanding can grow. Come prepared to laugh!

Energy Conservation: How Does it Help to Create a Healthy and Sustainable Community?

By: BC Hydro
Sessions: 1

In this engaging workshop learn about the importance of environmental health. The T-Souke First Nation Smart Energy Youth Group partnered with the BC Hydro Community Liaison Youth team will demonstrate how an Aboriginal community can improve the level of health through a sustainable conservation ethic.

EVA BC's Indigenous Communities Safety Project: Empowering Aboriginal Youth

By: Ending Violence Organization of BC
Sessions: 1 & 4

All forms of violence have a debilitating and intergenerational impact on children and youth. The purpose of the workshop is to provide participants with the knowledge sharing framework and overview of the Indigenous Communities' Safety Project. Participants will learn about the lethality risks of violence, how to overcome silence, how to respond to disclosures in domestic violence situations, to recognize the value of traditional and cultural teachings that relate to healthy relationships and to learn about being part of a team to develop a safety plan.

FASD (Alcohol Related Brain DisAbilities): Celebrating Our Strength's and Healthy Pregnancies

By: Richard Willier and Herman Bee
Sessions: 1, 4 & 7

In this interactive workshop, an Aboriginal youth named Stephen will talk about his life and how his Fetal Alcohol Spectrum Disorder (FASD) has affected him in different life situations (home, school, community, and in different systems). The audience is encouraged to ask questions, if wanted to, throughout the presentation. Helpful FASD information, awareness and having healthy pregnancies in our Aboriginal communities will be talked about.

Financial Literacy Workshop

By: Native Women's Association of Canada
Sessions: 1 & 4

The workshop will be delivered in a multi-sensory format and will include interactive activities where youth can learn to handle their money better, track spending, set priorities, manage their credit, control temptations, reduce debt, save money, and/or learn how and why to invest.

Traditional culture and values will be incorporated and positively reinforced where appropriate.

Fit Nation – Aboriginal Fitness Program, delivered by Canada's only Nike Sparq certified trainer, Dwayne Roberts

By: Aboriginal Sport, Recreation and Physical Activity Partners Council
Sessions: 0

Energize your day by joining the Fit Nation movement! Come and experience a new and innovative fitness program specifically designed to address some of the fundamental barriers experienced by Aboriginal people in their efforts to become physically active. Delivered by the Aboriginal Sport, Recreation and Physical Activity Partners Council, in collaboration with Dwayne Roberts - Canada's only certified Nike Sparq trainer, Fit Nation combines a variety of dynamic stretching exercises to create a fun, adaptable and easy to learn experience for all fitness levels, from introductory, intermediate to advanced.

This workshop will be offered on Wednesday, Thursday, and Friday morning.

Fitness and Nutrition

By: Candace Curr
Sessions: 2 & 3



Diabetes is affecting our communities in epidemic proportions. Along with diabetes, there are many other health issues that occur due to sedentary lifestyle, and lack of our body's ability to generate proper cellular function due to nutrition. In order to combat the problem, focus needs to be put towards prevention. This workshop discusses the importance of daily physical activity, and nutrition by living by the 80/20 rule. Topics covered are traditional diet, sugar, flour, how to read labels, and how foods can be used as a powerful tool for overcoming illness and boosting the immunity.

For youth, by youth: Youth led HOW TOs

By: Firstlady Productions
Sessions: 2, 3, 8, 9, 11 & 12

Have you ever wanted to learn how a youth led event, or do you have ideas about youth programming in your community. This is the workshop for you! This workshop can provide a step-by-step guide on how to harness your ideas and bring them into reality using your own skills and abilities. Learn how to find funding, research information, write a letter of intent, or how to ask for help from individuals and organizations that already run programs in your community.

Funk-tion for Life: Personal Trainer

By: Nicole Funk
Sessions: 0, 2, 3, 5, & 6

The fitness room will be open for all youth, young adults, and chaperones who want to drop in and work out. There will be a personal trainer on site to help answer any questions you have about your routine or the equipment.

Gangs, Court, and You

By: Native Courtworkers Association
Sessions: 1 & 7

The presentation will focus on your rights and responsibility to the law by giving information on criminal records, procedure in court, and how to participate in the justice system if you are charged. Knowledge of how to start a youth justice counsel to administer justice to your peers will also be shared. Curtailing the presentation on rights and responsibility to the law, there will be a presentation on justice as an important part of health with a focus on Aboriginal gangs, namely characteristics, indicators, identifiers, and effects of joining gangs for Aboriginal youth and Aboriginal Gangs from an institutional security perspective.

The target age for this workshop is 19-24 years old.

Get Up, Get Moving!

By: Motivate Canada
Sessions: 1, 4 & 10

Youth will 'get up and get moving' by taking part in interactive discussions and physical activities led by facilitators. Participants who choose this workshop will not only have active minds and bodies but will be provided with the tools and support to share their motivation with other youth in their communities! This workshop takes youth first through a journey of self-discovery in which they will creatively identify their past achievements, role models and experiences that have ultimately shaped them. Youth will then work in small community groups to creatively identify the assets in their community. Finally, youth will learn about SMART goals, the importance of goal setting, and complete a health-related community action plan that they will be inspired to implement upon returning home.

Healing Through Drumming

By: Daryll Laboucan
Sessions: 2, 3, 5, 6, 8 & 9

Participants will be introduced to the healing elements and traditional uses of hand drumming and singing. Traditionally, Aboriginal people used the drum for many different purposes. Some of which include: spiritual ceremonies, to heal the sick and grieving, to celebrate a birth, hunting, and to mark the end of one season and beginning of the next. The goal of this workshop is to share the traditional teachings about the drum and how our songs can bring us strength and contribute to well-being.

Health Careers 101: Wisdom from our Health Professionals

By: Panel of Health Professionals with Cody Caruso and David Lindley, First Nations Health Council
Sessions: 4



Youth will have the opportunity to learn from and be inspired by a diverse panel of health professionals. Panelists will be telling their stories of how they got to where they are today, what their motivations were, what their educational journeys looked like, what their current work entails, and what their visions are for the health of our people in the future.

Health Careers 102: Journeys to Health Careers

By: Panel of Inspirational leaders with Cody Caruso and David Lindley, First Nations Health Council

Sessions: 10

Youth will have the opportunity to learn from and be inspired by some of our Aboriginal leaders in the field of health, education, and employment. Discussions lead by the panel will touch on: why education is the key to success, the need for passionate, trained, and educated youth in our communities, and how youth can begin to find a meaningful career in the health field.

Health Hunt

By: Interior Health
Sessions: 2, 3, 8, & 9

In this highly interactive workshop Youth will learn about the different areas of Health through a "scavenger hunt". Topics can include nutritional health, physical activity, or tobacco health risks and youth are asked to answer questions, complete an activity, or put together a meal plan in order to complete their "Health Hunt".

Healthy Relationships Begin With Me

By: Leslie Robinson, Prince George Native Friendship Centre
Sessions: 2, 3, 5 & 6

In this workshop, youth will have the opportunity to learn about Healthy Relationships vs. Unhealthy Relationships. Through discussion, role play and activity youth will learn tools to build and evaluate healthy relationships. These tools include being able to articulate what is a "relationship"; exploring the expression of healthy relationship qualities; developing a sense of mutual responsibility for the health of relationships and sexual health among partners; exploring the rights and responsibilities that go along with being in a relationship including the idea of boundaries and healthy and unhealthy approaches to building and maintaining relationships.

Healthy Thinking - Healthy Life: A Common Sense and Critical Thinking Technique

By: Common Sense Centre
Sessions: 1, 4, & 7

This interactive and entertaining workshop will use a common sense and critical thinking approach to challenge workshop participants on how to make sense of the broad range of physical and mental health issues facing us today - from food and diets to exercise programs. How do we come to an understanding of the many complicated wellness issues facing us in our quickly changing world? Participants are encouraged to define the meaning of 'Healthy choices' and to know when they are making them. We design our pro- active health plan by creating strong decisions and taking power for the choices we make- this leads us to take charge of our future. Active involvement, not avoidance, builds strong bodies. This workshop will help participants learn how to ask effective questions and carefully evaluate evidence that will lead to stronger, healthier choices.

Honour Youth Health Video Workshop

By: Tillicum LeLum
Sessions: 4 & 10

The purpose of this workshop is to allow youth to think about things that contribute to a healthy lifestyle and showcase these things through the production of a video. Participants will be asked to brainstorm about things we can do in our lives to keep us healthy and strong. We will also discuss what can happen when we make choices that are unhealthy for our bodies. Participants will then create a skit to show how we can make healthier choices. The skits will be filmed and edited on site so that the video can be put on youtube and participants can share their work with their friends.

How Coyote Imitated Bear and Kingfisher

By: En'owkin Centre
Sessions: 1 & 7

Personal health and well-being comes from within each and every one, along with sharing the excitement, the pride, and the joy in sharing the knowledge of our ways which will continue to be passed down for generations. From a Syilx Indigenous perspective, this workshop seeks new and innovative ways of teaching of the laws, ethics principles and values from chaptikwl (story). The Syilx, or Okanagan Stories, assists the transfer of knowledge and cultural teachings during the winter. In this workshop, En'owkin Centre staff and previous students will share song, story and dance as learned from the



land and animals, while performing a skit of one of the chaptikwl titled *Bear and Coyote*.

Human Performance: Image and Fitness Myths

By: Jonathan Pfeiffer
Sessions: 8 & 9

In this workshop, youth will learn about health, fitness, and nutrition as they relate to areas such as media, your own self-perception, eating and body image disorders, sports supplements, and athletic aids to name a few. Through engaging discussion and a game, you will gain an understanding of what is myth and is true about your health.

I?sc'xwaxws (The Teachings From Within)

By: South Okanagan Restorative Justice Program
Sessions: 1, 7 & 10

This workshop combines the use of Indigenous Story and the Okanagan Cultural process called enowkinwixw to help participants gain an understanding of Community Justice and restitution (amends making), and also to gain an understanding of their unique roles of youth in creating a more just and healthy family, community, and society.

Images of Wellness

By: Aboriginal Child and Youth Wellness Program, PGNFC
Sessions: 1, 4 & 7

Theatre techniques and games will be used to engage youth in creating sculpted images to raise social awareness and develop a collaborative definition of community wellness. The youth created sculpted images of wellness will be seed images for inspiring visual art responses from the rest of the conference youth and their allies.

Indig-a-Fit: Healthy Lifestyles with the Indigenous Mindset

By: Wesley King and Shannon Rose-Vickers
Sessions: 4 & 10

Indig-A-Fit will look at understanding healthy lifestyles as a whole, and how we can adapt those healthy choices into our daily lives. We will begin with an in-depth look at how our nutritional choices effect our entire bodily function, and with that understanding, demonstrate how we can use today's foods to return to the benefits of the indigenous diets of our ancestors. The fitness component will use CrossFit methods, which focus on perfecting human movement with "constantly varied high-intensity functional movements." We will put into context the advantages CrossFit provides to athletes of all kinds, but more importantly, how beneficial it is to how we move our bodies on a daily basis. Not to mention the amazing way it effects how you look and feel about your body. Lastly, we will compare the traditional ways of living from our past (i.e.: hunting and gathering,) and how we can replicate that with the exercises we do today. In this I will give the youth a connection to their ancestors and an appreciation for how they survived day to day in a healthy way.

Individual Aboriginal Holistic Health Toolkit

By: Beverly Julian
Sessions: 5, 11 & 12

Aboriginal health was always recognized as Holistic in nature, and included the physical, mental, emotional, spiritual aspects of life. It is through this understanding of self, which intended to balance body, mind and spirit, that we strived to have a vision of wellness. This was constantly changing and promoted through the life of a person. It is the intention of this Holistic Toolkit to provide a clear understanding of holistic health, to better understand our bodies and minds to gain some control in these areas of our lives. I recognize not all individuals who are Aboriginal share the same beliefs, nor have the same at risk conditions, therefore we call it "Individual Aboriginal Holistic Health Toolkit". Each participant will receive their own copy of the Toolkit and a meditation blanket.

Making Sense of Senses

By: Richard Stern and Jessica Abrami
Sessions: 4 & 10

Taste, touch, sniff, listen, and look your way through an interactive workshop that explores all five senses. Learn about the psychology of perception through a series of mini experiments, and explore how our reality is shaped by our experiences. Youth will come away with a new understanding of the difference between sense and perception.

Métis Aerobic: Hip Hop Jigging

By: BC Métis Federation
Sessions: 2, 3, 5, 6, 8 & 9



Health and culture go hand in hand. In order to balance your life, you need to understand how culture feeds your soul and spirit. We shall focus on how to achieve a healthy attitude and heart. But why not spice it up and learn to use Hip Hop music to practice Métis Jigging. Challenge yourself and try a new way of keeping in shape. This high energetic Métis Aerobics program will teach you many traditional steps and it's a fantastic way to keep physically fit. The music is good for the soul and sometimes when we are enjoying ourselves we forget it's a work out. This experience will lift your spirits and motivate you to exercise again.

Moving towards a stronger future: An Aboriginal resource guide to community wellness

*By: Aboriginal Corrections Policy Unity, Public Safety Unit
Canada*

Sessions: 1 & 7

Moving Towards A Stronger Future: An Aboriginal resource guide to community wellness. Have you ever thought about what you can do to make things better for yourself, your family, the future of your community? If you are concerned about the future of our Aboriginal communities and are committed to working for change Planning Alternatives Tomorrows with Hope is for you. Dare to dream!

**Nourished from Soul to Sole:
Reclaiming Your Body with Food and Movement**

By: Carla Budd
Sessions: 2, 3, 5, & 6

In this workshop, participants will explore the body-mind-spirit connection of Health. There is a connection between the food you consume, to how you feel, and how you move. Learn about whole food diets and traditional Native diets through discussion leading into movement through contemporary and upbeat dance. Youth will leave empowered to make better choices in their diet and lifestyle and be inspired to move their bodies in new ways!

Nutrition: Babies, Boobies, Bottles, and Beikost

*By: First Nations and Inuit Health Canada Prenatal Nutrition
Program*

Sessions: 1

Come and chat with the nutritionist about the best food to eat before someone gets pregnant. Learn about foods for pregnancy and how to deal with heartburn or nausea. Learn about the ways you can feed a baby and when to introduce them to solid food. And find out some great recipes for babies, including a variety of traditional foods.

Personality Dimensions

By: Rhonda Terbasket and Michal Cooke
Sessions: 1 & 7

The Personality Dimensions system utilizes a convenient card sort and short questionnaire to reveal your temperament preference. Personality Dimensions also uses four colours along with short descriptors and symbols to represent the Temperament preferences: Inquiring Green, Organized Gold, Authentic Blue, and Resourceful Orange. These combined aspects create a common language of understanding of yourself and others. You can use the tools Personality Dimensions has to offer to express yourself appropriately, appreciate yourself and others, negotiate more effectively, support and encourage others, and influence others more positively.

Personal Leadership

By: OKIB, Vernon
Sessions: 1 & 4

Participants will, through discussion and practical experience, connect their own inner resources to begin the process of leading themselves to greater strength, courage, and guidance. They will begin to see the value of moving ahead with personal development of inner strength. Participants will understand that clarity and compassion, for themselves and other, are the core of motivating those around them.

Preventing Sexual Exploitation & Human Trafficking

*By: Children of the Street Society &
Office to Combat Trafficking in Persons*
Sessions: 2, 3, 5, 7 & 8

This is a joint workshop between Children of the Street Society and the Office to Combat Trafficking in Persons. Through the use of communication tools such as powerful and original skits engaging role plays, monologues, multimedia and discussions, facilitators will engage students in a powerful and real conversation about human trafficking and sexual exploitation.

The target age for this workshop is 14-18 years old.



Pro-Action Café: Crafting Healthy Communities through Meaningful Conversation

By: Ministry of Aboriginal Relations and Reconciliation and the Aboriginal Youth Internship Program
Sessions: 5, 6, 8, 9, 11 & 12

Participants are invited to bring their visions for a healthy world to the Pro-Action Café. Up to 25% of the group can be “callers” who present ideas they want to get off the ground in their communities. The entire group will collaborate to turn the ideas into action plans through meaningful conversation, and all will leave with an increased capacity for doing good work in pursuit of healthy lives.

Reconciling Our Histories to Envision a Brighter Future

By: Canada Reconciliation
Sessions: 5, 11 & 12

This workshop invites a diversity of cultural, faith-based and multigenerational groups, including youth, from across British Columbia to gain a better understanding of one another's shared histories, beginning with the multigenerational legacy of Canada's Indian Residential School experience. The purpose of this workshop is to build understanding, build resilience and create a vision of hope for the future health and well-being of our families, communities and nation.

Rezz to Riches Hip-Hop 101

By: Emichael Productions
Sessions: 5, 6, 8, 9, 11 & 12

The workshop focuses on exposing youth participants to the healing power of music. Participants will hear firsthand from peer facilitators; what music means to me, how it changed my life, how it impacted my community, and what it means in my future. Music has been a powerful change agent at the individual and community level for Erick, Darien, and Dameon. They will teach youth how to tap into their emotions and experiences and how writing and creating music can be a healthy activity. Participants will engage in a storytelling and song-writing activity. They will also have the opportunity to test the equipment used in music-making, i.e. putting their work into an Emichael Productions beat.

Richness is Independence

By: Chris Hunt
Sessions: 2, 3, 11 & 12

Albert Einstein said, “Compound interest is the eighth wonder of the world. He who understands it, earns it ... he who doesn't ... pays it.”

Learn how to save for a potlatch or Pow Wow, a sports tournament, vacation, education, and retirement. Learn how to get your first credit card and how to finance or save for your first car. All participants will be entered into a draw to win \$100.00

Salish Wool Weave Headband

By: Jessica Casey and Robert Joe
Sessions: 7 & 10

An introduction to Salish wool weaving, participants will learn the history of wool weaving, traditional materials used and the twine and twill weave on table top looms. The goal of the workshop is to connect class participants to traditional Salish culture, history, and the importance of wool weaving to our people. Salish blankets were used for potlatches, naming ceremonies, births, and deaths as well as everyday use.

Sit Like an Eagle

By: Provincial Health Services Authority, Aboriginal Health Program
Sessions: 4 & 10

This workshop demonstrates an interactive youth website. The website utilizes games, maps, timelines, and videos to discuss issues important to Aboriginal youth. The topics that will be covered include: colonization (history), racism (coping and identity strengthening), and culture. Youth will be able to gain knowledge surrounding important issues and provide valuable feedback on all aspects of the website to enable future improvements.

Stages of Change: Self Behavioural Management

By: Candace Curr
Sessions: 5 & 6

Do you want to know what the 5 stages of change are and how it can help you? In this workshop, you will learn about the Prochaska and DiClementes Transtheoretical model and participate in exercises that will take a person from the beginning



(learning to identify a problem) to the end (living without that behaviour). Participants will identify a behaviour that they would like to change and create a plan that leads up to management of the behaviour change.

Standing in Unity and Living Our Rights

By: Unified Aboriginal Youth Collective
Sessions: 3, 6, 9, & 12

The workshop emphasis will be geared towards raising awareness of child rights and Aboriginal rights as a basis for youth engagement and turning awareness into action by providing tools to actualize rights. Youth will be exposed to opportunities, resources and skills that will encourage them to have a greater voice in decisions that affect them and their communities. You will have the opportunity to meet and share ideas with their peers, and be exposed to tools which will encourage youth to conduct effective dialogue with government leaders, Aboriginal political leaders and social service organizations, Aboriginal Elders, and community stakeholders.

Stress Management Strategies

By: Candace Curr
Sessions: 11 & 12

Do you want to know what the 5 stages of change are and how it can help you? In this workshop, you will learn about the Prochaska and DiClementes Transtheoretical model and participate in exercises that will take a person from the beginning (learning to identify a problem) to the end (living without that behaviour). Participants will identify a behaviour that they would like to change and create a plan that leads up to management of the behaviour change.

Taking Action 4 Youth! Art and Aboriginal Youth Leadership for HIV Prevention

By: Jessica Danforth and Justin Peters
Sessions: 11 & 12

Join us for this interactive, fun workshop on what the national 'Taking Action! Art and Aboriginal Youth Leadership for HIV Prevention Project' is all about and how amazing local Aboriginal youth are taking action for the next 7 generations! With Justin Peters of the Okanagan Youth Alliance, we'll talk about how Aboriginal youth are leading the way for HIV/AIDS prevention, and how YOU can take action too!

The target age for this workshop is 14-18 years old.

Teachings Of Aboriginal Hip Hop Hoop Dancing

By: Kristyn Schoenknecht
Sessions: 2, 3, 8 & 9

In this workshop, learn about the teachings of hoop dancing and some of the basic hoop dance moves and how this traditional form of dance can be partnered with contemporary music. Health and hoop dancing are interconnected. When you hoop dance you become "mindful and in the moment". It's truly a unique path towards spiritual, emotional, physical, and mental wellbeing.

Traditional Foods as Healing Foods

By: Aboriginal Youth Internship Program
Sessions: 2, 3, 8 & 9

Traditional foods are regarded as natural and fresh, tasty, healthy, and nutritious, inexpensive, and culturally and socially beneficial. They can also play an important role in reducing and delaying the onset of diabetes. Learn, discuss and share the important role that traditional foods can play in re-affirming our health and self-determination.

VIHA Health Careers Interactive Workshop

By: Vancouver Island Health Authority
Sessions: 9

Want to learn more about careers in the Health industry? This workshop focuses on several health careers: nurses, physicians, physiotherapists, dietitians and Registered Care Attendants. The doors are open to Aboriginal health care professionals and Health Careers. This workshop will help youth take the first step through the door to success. Learn through discussion and media what could be your future career path!

Voices of Experience

By: Ministry of Children and Family Development, Interior Region
Sessions: 5, 6, 11 & 12



The Voices of Experience panel consist of Aboriginal Youth (12 – 24 years) in/or from government care who have been selected because they are visible role models and are dedicated to a path of well-being and leadership. This workshop is a VOE youth led talking circle. The VOE youth panel will start off by sharing their personal stories of being in government care. Everybody is welcome; all you need is a pair of ears, a mouth, and a heart. And if you're too shy to speak, we won't force you!

Wellness Warriors: NIGHTHAWKS Mind and Body Fitness

By: Native Education College

Sessions: 2, 3, 8 & 9

The Nighthawks Mind and Body Fitness workshop takes you through fun exercises that the NEC's basketball players do to stay fit and improve their team work. Maintaining a healthy body and mind helps in many aspects of life and is even better when enjoyed with friends. BC is on the brink of undergoing a First Nations' basketball revolution; come be a part of it with this fun, energizing workshop!

Witness: Pieces of History – How does Reconciliation affect me?

By: Witness Blanket –

Truth and Reconciliation Commemoration Project

Sessions: 5, 6, 11 & 12

Through this workshop youth will learn how they can be involved in the creation of a National Monument entitled "Witness: Pieces of History" that is part of the Truth and Reconciliation Commission's Commemorative Initiative. This monument, inspired by a woven blanket, will incorporate actual pieces of residential schools, churches, government buildings and traditional structures from all across Canada. During this workshop youth will learn how they can participate in and benefit from the reconciliation process and how their participation can benefit future generations. Whether or not we have had direct experience with the damage caused by Residential Schools, each of us is vital to the recovery process.

The target age for this workshop is 19-24 years old.

What Does Self-Sufficiency Mean to You?

*By: National Aboriginal Friendship Centres /
Cultural Connections for Aboriginal Youth*

Sessions: 1

The National Association of Friendship Centres (NAFC) is looking for your input to influence an important National project.

We all know how Cultural Connections for Aboriginal Youth (CCAY) programs create positive change in the lives of Aboriginal youth, but how do we show that? The NAFC has started to develop a tool that will measure how CCAY influences youth towards healthy, productive lives. We call this 'self-sufficiency', and we want to demonstrate how CCAY creates self-sufficiency and helps youth to participate in the Canadian economy. Development of the tool cannot go forward without your involvement. The NAFC will host an interactive workshop, with hands-on review of this new measurement tool, and will be seeking your recommendations for its next steps.

We hope to have input from youth and young adults as well as project coordinators/chaperones.

Young Artist Warriors Presents Honouring Our Sacred Gifts

By: Jeska Slater and Mikeal Frazer

Sessions: 1, 4, 7 & 10

In this workshop, participants will work with artists Jeska Slater And Mikeal Frazer (aka Take 5) to complete a work of art. We will be including elements of graffiti or urban art, the medicine wheel and the Seven Sacred Teachings. Each work of art will be personalized to act as a lasting reminder of how we make healthy choices and look after ourselves in each aspect of our life (4 Quadrants of the medicine wheel).

Youth Engagement: Get Your Voice Heard

*By: National Association of Friendship Centres,
Aboriginal Youth Council*

Sessions: 5, 6, 8 & 9

The National Aboriginal Youth Council for the National Association of Friendship Centres will be providing youth with an interactive workshop with information on the history of Canada's Friendship Centres, the beginning of the youth movement, and the progression that's been occurring over the years. You will learn the importance of getting youth involved. How they can get involved on the national level will be a priority as well.



Youth Inclusion Awareness Project*By: ProMOTIONS Plus***Sessions: 4 & 10**

The YIAP content and learning objectives align with this year's theme 'Health' as the workshop explores 5 topics (gender, race, harassment, bullying and homophobia) in relation to sport, recreation, and physical activity. The goal of the workshop is to broaden the scope of participants' experiences and enhance their ability to handle everyday situations and issues which can occur while engaging in sport, recreation and physical activity. This training produces better leaders, more competent coaches, instructors and role models, thus, promoting and enhancing healthy lifestyle practices.

Zumba Fitness*By: Rainbow Bruderer***Sessions: 8, 9 & 11**

The atmosphere of Zumba is a cardio dance party! It has now become a popular craze across the world. Everyone from children to seniors are taking part. Zumba helps you gain confidence, shed pounds, and have fun while doing it. The choreography is Latin based yet easy to follow. If you bring your high energy we will help you do your absolutely best. Come learn and have fun!

