

New Year, New You Training

January 12 - 13, 2021



NATIVE WELLNESS
Institute

Training provided by the Native Wellness Institute
www.NativeWellness.com

*The Native Wellness Institute exists to promote the well-being of
Native people through programs and trainings that embrace
the teachings and traditions of our ancestors.*



New Year, New You Training

January 12, 2021

9:00 am	Opening Ceremony Welcome, Blessing, Introductions, Why We're Here, Overview, Ice-breaker
9:30 am	The Cycle of Life
10:15 am	Celebrating You!
10:55 am	Closing
11:00 am	Break
Noon	Putting the Wow in Your Pow! Exercise and Fitness
12:30 pm	Coyote's Celebration - Getting Out of Your Comfort Zone and Taking Healthy Risks
1:00 pm	Tools of Positivity
1:50 pm	Closing
2:00 pm	Break
3:00 pm	Food Relationships
3:50 pm	Closing
4:00 pm	Adjourn



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January 13, 2021

9:00 am	Opening Ceremony Welcome, Blessing, Check-in, Review, Ice-breaker
9:30 am	Who's in Your Fan Club? Finding Your Support System
10:00 am	Who's Your Elder? Who are You an Elder to?
10:50 am	Closing
11:00 am	Break
Noon	Tell Your Story
1:00 pm	Say What? Healthy Communication Tips
2:00 pm	Break
3:00 pm	Extra Baggage Will Cost You! Letting Go!
3:30 pm	Closing
4:00 pm	Adjourn