

# NATIVE FITNESS X

NIKE WORLD HEADQUARTERS

BEAVERTON, OREGON

## 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)

## Who Should Attend?

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



## SAVE THE DATE

JULY 30 & 31, 2013

For Registration Information:

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

