

March 14, 2019

Winter Lodge

Yakama Cultural Center

8:15am to 4:30pm

Lá luts'ak - Go Red Conference
Empower Your Heart Health

Wear RED

Bring a Teacup/Mug for Gift Exchange

8:15 - 9:30am

*Conference Registration
Health Fair & Screenings
14 Tribes Room*

9:30am - 3:30pm

Conference - Winter Lodge

*Honored Speaker: Valerie Segrest,
Native Nutrition Educator, Muckleshoot*

3:30pm - 4:30pm

Heart Healthy Walk

Door Prizes

Tai Chi

Fun for All

For More Info: Call 509-865-1724

Sponsored by AAoA, YN Wak'ishwi Program, Yakama Healthy Heart & YN Nutrition Program