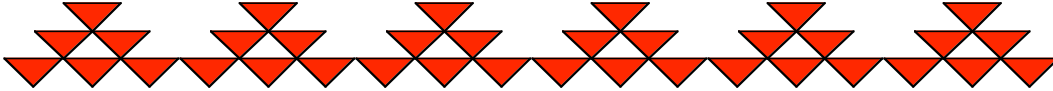


Weaving Wellness In The Native Community
March 31-April 2, 2011 Blue Lake, CA

Hosted By the Northern California Indian Development Council

<http://www.ncidc.org/wellness>

wellness@ncidc.org



INFORMATION FOR SPEAKERS

The Northern California Indian Development Council is hosting a Community Health and Wellness Summit entitled "Weaving Balance In Native Communities." The event will be held in Blue Lake California (on the coast 6 hours North of San Francisco) March 31-April 2, 2011. Our goal is to bring together people from local Native communities to discuss social problems that exist in their communities and brainstorm potential long-term solutions. Our premise is that you cannot be a healthy individual unless your family is healthy which relies on a health community that depends on a world that is in balance.

Keynote speakers will give us a broad perspective of their work in the area of wellness. We also want to have local role models such as you be presenters in more focused break out sessions. The general topics covered by these presentations will include issues of achieving balance in 4 major parts of our lives. These are Mind, Body, Spirit and Community. These sessions will show how language, cultural traditions/ceremonies, traditional art, traditional medicine, Indian parenting or other parts of Native culture are part of a healthy community. We are looking for presenters that can speak from experience about what they or their community has done that can be replicated in other places and also speaks to the Summit's intent. We want someone who can touch on these topics and share how they have, or are, working to achieve balance in their own lives.