

# Weaving Wellness in Native Communities

## A Health and Wellness Summit

### Day 1: Thursday, March 31<sup>st</sup>

1:30 – 5:00	Workshops
6:00 – 8:00	Reception and Cultural Activities

### Day 2: Friday, April 1<sup>st</sup>

7:30 – 8:30	Continental Breakfast
8:00 – 9:00	Welcome and Keynote Speaker
9:00 – 10:15	Panel Discussion
10:30 – 12:00	Workshops session 1
12:00 – 1:15	Lunch
1:30 – 3:00	Workshops session 2
3:00 – 3:30	Networking/afternoon Break
3:30 – 5:00	Workshop session 3
6:30 –	Evening cultural/family activities

### Day 3: Saturday, April 2<sup>nd</sup>

7:30 – 8:30	Continental Breakfast
8:00 – 8:30	Plenary Session
8:45 – 10:15	Workshop session 4
10:15 – 10:30	Morning Break
10:30 – 12:00	Workshop session 5
12:00 – 1:30	Lunch
1:30 – 3:00	Workshop session 6
3:00 – 4:00	General Session – closing