

Aiy yu kwee--Hello to You All,

My name is Valerie Reed, I'm a Yurok Tribal member and I am honored to be administering our project with our local Tribes and Tribal communities called **Health of the Environment=Health of the People** made possible by the CDC Good Health and Wellness in Indian Country (GHWIC) grant.

We here at United Indian Health Services (UIHS) wanted to take a moment and invite you all to the beautiful Northern California Coast to our **Hands on Health Conference** scheduled for April 23-26, 2018 at Bear River Rancheria, in Loleta, California. Thank you to Bear River Rancheria for being such a gracious host. Two years ago we held a Tribal Resource Conference in Klamath, California and it was so well attended by you all, but we missed getting to meet some of our CDC GHWIC partners. Welcome to all CDC GHWIC people; sub-awardees this means you too. 😊

This conference is called Hands on Health for a few reasons, but the most notable one is that there is a common thread that links us together as Native People, resilience. As you all know too well, our People suffer from the highest prevalence of diabetes, heart disease, stroke, obesity, cancer and other diseases and it is our belief that the way to good health and wellness for our People is get in and get your hands on health. Do your part in the reduction of chronic risk factors and be hands on!

We have created and would like to share opportunities and strategies through social, traditional and cultural activities that strengthen and promote community health and wellness. Sustaining those practices by using tribally driven, holistic and positive improvements to support and enhance policies that reflect upon healthier Native communities (PSE).

The entire conference is focused upon all of you and us going hands on and sharing knowledge and strategies that have served us well to promote good health and wellness here in our communities, and now we hope that you can implement some of those further into your communities across Indian Country.

So, please join us!

Register at:

[www.handsonhealth.eventzilla.net](http://www.handsonhealth.eventzilla.net)

**Call for Posters and Media for the event!** We have the capability to showcase your work here at the conference and hope you can send it to us for exhibition. Media includes: PSA's, digital stories, interviews, etc. Media will be on a permanent loop format for viewing throughout the conference. Posters will be on display throughout entire conference. Please send by April 2, 2018 to:  
Kella Roberts

UIHS

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or

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