

AGENDA

SUNDAY, SEPTEMBER 15

7 a.m.-8 p.m. **Registration**

Optional pre-conference workshops (register for these separately)

9 a.m.-Noon **Foraging for Native Edible Plants: River Walk**

Offsite (meet at the registration desk)

Hope Flanagan (Seneca), Community Outreach and Cultural Teacher, Dream of Wild Health, Minneapolis, MN

Indigenous Movement Experiential Workshop

Anoka 1/2

Anthony Thosh Collins (O'odham/ Haudenosaunee/Osage) and Chelsey Luger (Turtle Mountain Band of Chippewa and Standing Rock Sioux Tribe), Wellness Trainers, Well for Culture, Phoenix, AZ

10 a.m.-Noon **Preparing Healthy Traditional Food with Sean Sherman of The Sioux Chef**

Offsite (meet at the registration desk)

Chef Sean Sherman (Oglala Lakota), Founder, The Sioux Chef, Minneapolis, MN

1-4 p.m. **Native Gardens and Culture: High Tunnels at Wozupi Tribal Gardens and Guided Tour of Hočokata Ti**

Offsite (meet at the registration desk)

Shakopee Mdewakanton Sioux Community, Prior Lake, MN

Foraging for Native Edible Plants: Marsh Walk

Offsite (meet at the registration desk)

Linda Black Elk (Catawba Nation), Ethnobotanist, Mille Lacs Band of Ojibwe, Onamia, MN

1-5 p.m. **The Seven Circles of Wellness — A New Model for Holistic Wellness, Ancestral Health and Living a Balanced Life**

Anoka 1/2

Anthony Thosh Collins (O'odham/ Haudenosaunee/Osage) and Chelsey Luger (Turtle Mountain Band of Chippewa and Standing Rock Sioux Tribe), Wellness Trainers, Well for Culture, Phoenix, AZ

Submit questions and feedback for speakers via Pigeonhole Live: <https://pigeonhole.at/NUTRITION2019>



AGENDA

- 2-4 p.m. **Preparing Healthy Traditional Food with Sean Sherman of The Sioux Chef**
Offsite (meet at the registration desk)
Chef Sean Sherman (Oglala Lakota), Founder, The Sioux Chef, Minneapolis, MN
- 5-5:30 p.m. **Screening of the award-winning film “Return; Native American Women Reclaim Foodways for Health and Spirit”**
Waconia 1-6
Hosted by Valerie Segrest, MS (Muckleshoot), Native Foods Nutrition Educator, Enumclaw, WA (featured in the film)
RETURN features charismatic Roxanne Swentzell from Santa Clara Pueblo in New Mexico. Her efforts to reclaim ancient foodways are echoed across the continent by Tlingit, Muckleshoot, Oglala Sioux, Menominee and Seneca women. At its heart this film is about empowering people to overcome their current circumstances through eating as their ancestors did—nutritiously and locally. RETURN offers an approach to confronting the diabetes epidemic now rampant in Native American communities.
- 6-7 p.m. **Opening Keynote: Our Changing Homelands, Our Changing Lives**
Waconia 1-6
Norma Kassi (Vuntut Gwich'in First Nation), Advisor to the Canadian Indigenous Leadership Initiative and Co-Director, Canadian Mountain Network, Whitehorse, Yukon, Canada
- 7-8 p.m. **Welcome Gathering** (appetizers and cash bar)
Waconia 1-6

MONDAY, SEPTEMBER 16

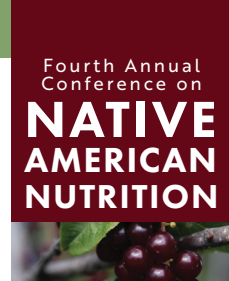
7 a.m.-3 p.m. **Registration**

7-8 a.m. **Breakfast**
Foyer

ACCESS TO WELLNESS ROOM

The American Indian Cancer Foundation (AICAF) Wellness Lounge offers a tranquil place for grounding, meditation, relaxation and reflection. Expect stress-reduction activities such as mellow music, aromatherapy, a smudge bowl, Indigenous medicines and water for hydration. A lactation space with a privacy screen, comfortable chair and refrigerator will be available.

Submit questions and feedback for speakers via Pigeonhole Live: <https://pigeonhole.at/NUTRITION2019>



AGENDA

- 8 a.m. **WELCOME AND OPENING CEREMONY**
All plenary sessions will be held in the Minnetonka Ballroom
- *Drum group: Wahpekute*
 - *Color guard: Sisseton-Wahpeton Kit Fox Society*
 - *Abigail Echo-Hawk, MA (Pawnee), Director, Urban Indian Health Institute, Seattle, WA, Emcee*
 - *Charles R. Vig, Chairman, Shakopee Mdewakanton Sioux Community, Prior Lake, MN*
 - *Joan T.A. Gabel, President, University of Minnesota, Minneapolis, MN*
 - *Nikki Farago (Seneca), Assistant Commissioner of Children and Family Services, Minnesota Department of Human Services, Saint Paul, MN*
- 8:30 a.m. **Community Poll**
Mindy S. Kurzer, PhD, Conference Chair, Professor and Director, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN
- 8:50 a.m. **Let's Keep Moving During the Conference!**
Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN
- SESSION 1: EFFECTIVE TRIBAL NUTRITION POLICIES**
Moderated by Colby D. Duren, JD, Director, Indigenous Food & Agriculture Initiative, Fayetteville, AR
- 9 a.m. **Model Food and Agriculture Codes**
Colby D Duren JD, Director, and Erin Parker, JD, LLM, Research Director and Staff Attorney, Indigenous Food and Agriculture Initiative, Fayetteville, AR
- 9:20 a.m. **How Tribes Can Use the American Indian Agriculture Resource Management Act of 1993 to Promote Health and Nutrition**
Loren BirdRattler (Blackfeet), Project Manager, Agriculture Resource Management Plan, Blackfeet Nation, Browning, MT
- 9:35 a.m. **Hearth Act and Tribal Zoning as Tools for Agriculture**
Gary Besaw (Menominee), Director, Department of Agriculture, and Food Systems, Menominee Indian Tribe, Keshena, WI
- 9:50 a.m. **Break**

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AGENDA

10:15 a.m. **Columbia River Treaty Tribes Food Safety Modernization Act (FSMA) Recommendations and Model Tribal Fish Processing Codes**
Buck Jones (Cayuse), Columbia River Inter-Tribal Fish Commission, Portland, OR

10:30 a.m. **Honoring Little Crow with Healthy and Indigenous Foods**
Stacy Hammer, RDN, LD (Lower Sioux), Director of Community Health, Lower Sioux Health Care Center, Morton, MN

10:45 a.m. **Healthy Diné Nation: Empowering our Communities**
Denisa Livingston, MPH (Diné), Community Health Advocate, Diné Community Advocacy Alliance, Fruitland, NM

11 a.m. **Tribal Nutrition Policies Panel/Q&A**

11:45 a.m. **Healing With Traditional Foods and Medicine**
Leon Nuvayestewa, Sr (Hopi), retired Health Director/Administrator for the Hopi Tribe, Polacca, AZ

Noon **Lunch**
Minnetonka
Comments by Lea Zeise (Oneida Nation of Wisconsin), Intertribal Agriculture Council

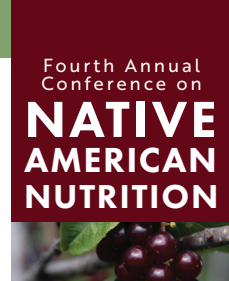
Breakouts

**Presenter*

1:15 p.m. **Turtle Island Tales: A Story-Based Program to Promote American Indian Family Wellness**
Waconia 6
A Adams, MD, PhD, and E Webber, MPH, Montana State University, Bozeman, MT; E Tomayko, PhD, RD, Oregon State University; J Gauthier, MPA (Menominee)*, University of Wisconsin Extension, Menominee Nation, WI, and D Rides at the Door (Blackfeet)*, Consultant, Browning, MT.*

Returning Buffalo to Native Lands, Lives and Economies
Anoka 1/2
R Ditmer, PhD (Sault Tribe of Chippewa Indians), Executive Director, Tanka Fund*

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AGENDA

Meeting the Professional Development Needs of Child Nutrition Professionals through Free, Research-Based Trainings and Educational Resources

Owatonna 3

M Flautt, MS, LJ Owens, MS, CHES*, Institute of Child Nutrition, University of Mississippi, University, MS; E James, MS, RD*, US Department of Agriculture, Food and Nutrition Services, Child Nutrition Programs; and K Lewis, PhD, RDN*, Institute of Child Nutrition, Applied Research Division, University of Southern Mississippi, Hattiesburg, MS*

Connecting Kids, Culture and Community through Traditional Local Foods

Waconia 5

D Foye, Nay Ah Shing Schools, Onamia, MN; V Goodthunder* and S Mathiowetz*, Čaŋšayapi Waŋkaŋyeža Owayawa Oti-Lower Sioux Indian Community, Morton, MN; C Chase*, Leech Lake Area SNAP-Ed, Cass Lake, MN; K Costello and E McKee, Institute for Agriculture and Trade Policy, Minneapolis, MN*

Increasing Breastfeeding Duration Rates in Wisconsin Tribal Communities

Anoka 3

C Nemec, RD, CD, CLS (Red Cliff Band of Lake Superior Chippewa), Great Lakes Inter-Tribal Council, Inc, Lac du Flambeau, WI*

Farm to School as a Strategy for Advancing Food Sovereignty in Native Communities

Waconia 4

A Paisano (San Carlos Apache, Laguna Pueblo), National Farm to School Network, Santa Fe, NM; and M Martinez (Apache/Choctaw)*, Intertribal Agriculture Council-Native Youth Food Sovereignty Alliance, Zwole, LA*

2:15 p.m.

Break

Foyer in front of Minnetonka and in Isanti

SESSION 2: YOUTH VOICES

All plenary sessions will be held in the Minnetonka Ballroom

Moderated by Cindy Farlee (Itázipčho Lakǰóta), Native American Agriculture Fund, Associate Program Officer and Youth/Beginning Farmer and Rancher Liaison, Fayetteville, AR; and Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, University of Minnesota Healthy Foods, Healthy Lives Institute, Saint Paul, MN

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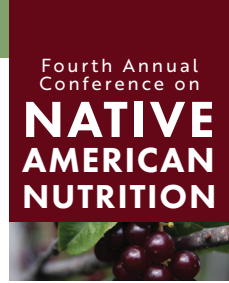




AGENDA

- 2:45 p.m. **Warm Springs Food Sovereignty Assessment**
Ellise David (Confederated Tribes of Warm Springs), Warm Springs, OR
- 3:05 p.m. **Using Digital Media to Fight for Food Sovereignty**
Mariah Gladstone (Blackfeet), Syracuse, NY
- 3:25 p.m. **Research at the Intersection Between Science and Culture: A Life-Long Study of Buffalo**
Elsie DuBray (Cheyenne River Sioux Tribe/Mandan, Hidatsa, and Arikara Nation), Blackfoot, SD
- 3:45 p.m. **Youth Panel**
- 4:45 p.m. **Elder Response**
Leon Nuvayestewa, Sr. (Hopi), retired Health Director/Administrator for the Hopi Tribe, Polacca, AZ
- 5:15 p.m. **Networking/Break**
- 5:30-6:30 p.m. **Exploring Native American Led Water Collaboration and Coordination Initiatives
(Sponsored by NAJA, optional)**
Waconia 1/3
Moderated by Tanya Trujillo, Lower Basin Program Director, Colorado River Sustainability Campaign, and leadership team, Colorado River Basin Water and Tribes Initiative)
Michael Conner (Taos Pueblo), former Commissioner of the US Bureau of Reclamation (2009-2014) and Deputy Secretary of the US Department of the Interior (2014-2017)
- 6:30 p.m. **Evening Dinner and Keynote**
Minnetonka
Comments by Lea Zeise (Oneida Nation of Wisconsin), Intertribal Agriculture Council
Film: "Turtle Island Tales: Igmu's Tipi Dream"
Turtle Island Tales is an online platform of family wellness materials and short films that aims to promote physical, mental, emotional and spiritual wellness for American Indian families with young children. Based on the Seven Grandfather Teachings of love, respect, bravery, wisdom, generosity, humility and truth, each film will feature a regional traditional activity and associated animals and foods. *Igmu's Tipi Dream* is the first film. www.turtleislandtales.org
- Keynote: Indigenous Food Lab, an Indigenous (R)Evolution**
Sean Sherman (Oglala Lakota), The Sioux Chef/North American Traditional Indigenous Food Systems (NATIFS), Minneapolis, MN

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AGENDA

TUESDAY, SEPTEMBER 17

6-7 a. m. **Morning Movement**
Chaska (2nd floor)
Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN
Beginner-level class that blends traditional Hatha Yoga Flow with the neuromuscular re-education principals of Somatics

7 a.m.-3 p.m. **Registration**

7 a.m.-8 a.m. **Breakfast**
Foyer

SESSION 3: STRATEGIES FOR IMPROVING NUTRITION OF URBAN NATIVE AMERICAN POPULATIONS

All plenary sessions will be held in the Minnetonka Ballroom

Moderated by Abigail Echo-Hawk (Pawnee), Director, Urban Indian Health Institute, Seattle, WA

8 a.m. **Overview of Urban Indian Communities**
Abigail Echo-Hawk, MA (Pawnee), Director, Urban Indian Health Institute, Seattle, WA

8:15 a.m. **Access to Traditional Foods Within Urban Settings**
Valerie Segrest, MS (Muckleshoot), Native Foods Nutrition Educator, Enumclaw, WA

8:45 a.m. **Healing Unrecognized Trauma in Urban Communities Through Indigenous Foods**
Dana Thompson (Wahpeton-Sisseton and Mdewakanton Dakota), Co-owner and Chief Operating Officer, The Sioux Chef, Minneapolis, MN

9:15 a.m. **Berries Between Buildings: Urban Indians, Foodways and Re-Membering Cultural Traditions**
Itai Jeffries, PhD (Yèsah), Traditional Health Program Director, Seattle Indian Health Board, Seattle, WA

9:45 a.m. **Break**

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AGENDA

10:15 a.m. **Elder Response**
Beverly Stabber Warne, RN, MSN (Oglala Lakota), South Dakota State University College of Nursing, Rapid City, SD

10:45 a.m. **Moderated Panel Discussion/Q&A**

11:15 a.m. **Reversing the Trends: My Journey Through Chronic Pain**
Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, University of Minnesota Healthy Foods, Healthy Lives Institute, Saint Paul, MN

11:30 a.m. **Lunch**
Minnetonka
Comments by Lea Zeise (Oneida Nation of Wisconsin), Intertribal Agriculture Council

Breakouts

*Presenter

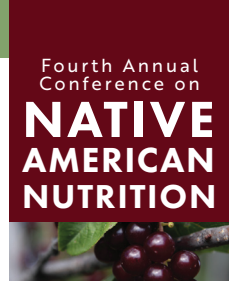
1 p.m. **Returning Buffalo to Native Lands, Lives and Economies**
Anoka 3
R Ditmer, PhD (Sault Tribe of Chippewa Indians), Executive Director, Tanka Fund*

Stories of Native Hawaiian Infant Feeding Practices as Told by Kūpuna
Waconia 6
MK Fialkowski (Native Hawaiian), T Fonseca-Smith (Native Hawaiian), J Ng-Osorio (Native Hawaiian) and P Pinto (Native Hawaiian), University of Hawai'i at Mānoa, Honolulu, HI*

Connecting Kids, Culture and Community through Traditional Local Foods
Waconia 5
D Foye, Nay Ah Shing Schools, Onamia, MN; V Goodthunder* and S Mathiowetz*, Çarşayapi Waқаҗеzа Owayawa Oṗi-Lower Sioux Indian Community, Morton, MN; C Chase*, Leech Lake Area SNAP-Ed, Cass Lake, MN; K Costello and E McKee, Institute for Agriculture and Trade Policy, Minneapolis, MN*

Decolonizing Breastfeeding Education: The Indigenous Breastfeeding Counselor Training
Anoka 1/2
CJ Goldhammer (Sisseton-Wahpeton), MSW, LICSW, International Board of Lactation Consultant Examiners (IBCLC) and K Moore-Salas (Diné), IBCLC*

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AGENDA

Farm to School as a Strategy for Advancing Food Sovereignty in Native Communities

Waconia 4

A Paisano (San Carlos Apache, Laguna Pueblo), National Farm to School Network, Santa Fe, NM; and M Martinez (Apache/Choctaw)*, Intertribal Agriculture Council-Native Youth Food Sovereignty Alliance, Zwolle, LA*

Dive into the FDPIR Food Package: What's New and Improved!

Owatonna 3

J Walker, MPH, RDN, Nutritionist and B Lopez*, Program Analyst, USDA, Food and Nutrition Services, Food Distribution Division, Alexandria, VA; and C Black, PhD, RD, LD, (Mississippi Band of Choctaw Indians)*, Food Distribution Program, Choctaw, MS*

2 p.m.

Break

Foyer in front of Minnetonka and in Isanti

Breakouts

**Presenter*

2:15 p.m.

Turtle Island Tales: A Story-Based Program to Promote American Indian Family Wellness

Waconia 5

A Adams, MD, PhD, and E Webber, MPH, Montana State University, Bozeman, MT; E Tomayko, PhD, RD, Oregon State University; J Gauthier, MPA (Menominee)*, University of Wisconsin Extension, Menominee Nation, WI, and D Rides at the Door (Blackfeet)*, Consultant, Browning, MT.*

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Meeting the Professional Development Needs of Child Nutrition Professionals through Free, Research-Based Trainings and Educational Resources

Owatonna 3

M Flautt, MS, LJ Owens, MS, CHES*, Institute of Child Nutrition, University of Mississippi, University, MS; E James, MS, RD*, US Department of Agriculture, Food and Nutrition Services, Child Nutrition Programs; and K Lewis, PhD, RDN*, Institute of Child Nutrition, Applied Research Division, University of Southern Mississippi, Hattiesburg, MS*

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AGENDA

Decolonizing Breastfeeding Education: The Indigenous Breastfeeding Counselor Training

Anoka 1/2

CJ Goldhammer (Sisseton-Wahpeton), MSW, LICSW, International Board of Lactation Consultant Examiners (IBCLC) and K Moore-Salas (Diné), IBCLC*

Increasing Breastfeeding Duration Rates in Wisconsin Tribal Communities

Anoka 3

C Nemeč, RD, CD, CLS (Red Cliff Band of Lake Superior Chippewa), Great Lakes Inter-Tribal Council, Inc, Lac du Flambeau, WI*

Dive into the FDPIR Food Package: What's New and Improved!

Waconia 4

J Walker, MPH, RDN, Nutritionist and B Lopez*, Program Analyst, USDA, Food and Nutrition Services, Food Distribution Division, Alexandria, VA; and C Black, PhD, RD, LD, (Mississippi Band of Choctaw Indians)*, Food Distribution Program, Choctaw, MS*

3:15 p.m. **Break**

POWERED BY PECHAKUCHA

Minnetonka Ballroom

Moderated by Loren BirdRattler (Blackfeet), Project Manager, Agriculture Resource Management Plan, Blackfeet Nation, Browning, MT

**Presenter*

3:30 p.m. PATHS, Pathways to Agriculture and Native Foods Tribal Health Sovereignty

H Hunts, PhD and D Antelope, AA (Amskapi Pikuni and Eastern Shoshone), Montana State University (MSU), Bozeman, MT; C Baker, BS, Biotech Investments Inc. Bozeman, MT; T Bird Rattler, BS (Amskapi Pikuni), Blackfeet Agricultural Resource Management Plan, Browning, MT; E Dratz, PhD* and F Dunkel, PhD*, MSU; N Goldtooth (Navajo)*, Dine College, Tsaiile, AZ; J Hipp, JD (Chickasaw), Native American Agriculture Fund, Fayetteville, AR; W Old Elk, AA (Apsaalooke and Amskapi Pikuni), Hopa Mountain, Bozeman, MT; H Reed, AA (Apsaalooke), Little Big Horn College, Crow Agency, MT; D Sands, PhD, T Stewart, AA (Apsaalooke and Cree), and C Yupe (Shoshone Bannock)*, MSU; and A Zycherman, PhD, National Institute for Food and Agriculture*

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AGENDA

Cultivation Terracing, Indigenous Ecological Knowledge and Sustainable Diets in a Rural Indigenous Community of Ecuador

C-A Gallegos, PhD(c) (Andean), Washington University in St. Louis and The Calihata Initiative; A Carrasco, Atty, MA (Andean & Basque), M Pintag, Engr (Kichwa-Pukara) and A Riofrío, PhD(c), The Calihata Initiative; and LL Iannotti, PhD, Washington University in St. Louis, MO*

Development of the Menominee Trauma Model: From Obesity Prevention to Healing with Indigenous Knowledge

J Gauthier, MPA (Menominee Nation), Extension, University of Wisconsin-Madison, Keshena, WI; and A Adams, MD, PhD*, Montana State University, Bozeman, MT; and the Menominee Community Engagement Workgroup, WI*

Engaging Indigenous Youth in Assessing Their Local Food Environments: A Methodology

B Jock (Mohawk), Johns Hopkins University, Baltimore, MD; F Mobetty and G Mercille, Université de Montréal, Montréal, Canada; T Delormier (Mohawk)*, McGill University, Montréal, Canada; I Sebai, Université de Montréal, Montréal, Canada; M Riva, McGill University, Montréal, Canada; and M Batal, Université de Montréal, Montréal, Canada*

Preventing Childhood Obesity through WATCH

D Medicinebird (Cheyenne and Arapaho Tribes of Oklahoma) and Francesca Toledo-Alexander (Seminole and Muscogee – Creek)*, Southern Plains Tribal Health Board, Oklahoma City, OK*

Exploring Food Mino-Pimatisiwin (Good Life) Through the Lens of Indigenous Agriculture and Law: Respecting How Indigenous Control of Food Production is Building Food Sovereignty Models Across Turtle Island

SR Penner (Settler), PhD Student in The University of Guelph's School of Environmental Design and Rural Development (2020), Guelph, Ontario, Canada*

Culturally Tailoring a Diabetes Nutrition Education Program for Tribal and Urban American Indian and Alaska Native Communities

S Stotz, PhD, MS, RD, CDE, University of Colorado School of Public Health, Centers for American Indian and Alaska Native Health, Aurora, CO; H Pontius, RD, CDN*, Saint Regis Mohawk Tribe-Diabetes Center for Excellence, Akwesasne, NY; A Brega, PhD, University of Colorado School of Public Health, Centers for American Indian and Alaska Native Health, Aurora, CO; K Gonzales, PhD, (Oklahoma Cherokee), Portland State University School of Public Health, Portland, OR; and K Moore, MD, FAAP, (Creek)*, University of Colorado School of Public Health, Centers for American Indian and Alaska Native Health, Aurora, CO; For the ADA WCIE AI/AN Study Group*

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AGENDA

Wisahkotewinowak: Indigenous Land-based Learning Across Urban Environments in Southwestern Ontario, Canada

H Tait Neufeld, PhD, The University of Guelph, Guelph, Ontario, Canada; D Skene, MA (Métis)*, White Owl Ancestry Association, Kitchener, Ontario, Canada; and K Anderson, PhD (Métis)*, The University of Guelph, Guelph, Ontario, Canada*

Developing the Four Corners Potato for Market

C Wilson, MS (Navajo), B Pavlik, PhD, and L Louderback, PhD, University of Utah, Salt Lake City, UT*

First Food Policy and Law Scan – A Comprehensive Review of Tribal Breastfeeding Laws and Policies Within the Bemidji Indian Health Service Area

B Yawakie, BS, BA (Pueblo of Zuni, Turtle Mountain Band of Chippewa, Fort Peck Sioux and Assiniboine) and J Ralston Aoki, JD, Public Health Law Center, St Paul, MN; and M Porter, MPH, Great Lakes Inter-Tribal Epidemiology Center, Lac du Flambeau, WI*

5 p.m. **Poster Session Reception** (appetizers and cash bar)
Waconia 1/2

6:30 p.m. **Dinner on Own**

OPTIONAL PROGRAMMING

6:30-8 p.m. **Screening of “Growing Native”** (One 1-hour part will be screened. Sponsored by NAJA.)
Owatonna 1/2

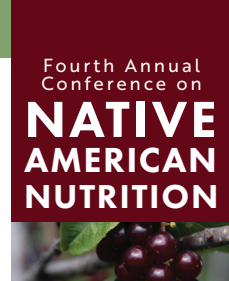
Growing Native is a four-part television series focusing on reclaiming traditional knowledge and food ways to address critical issues of health and wellness, the environment, and human rights. Growing Native will focus on tribes, stories and events from four geographic regions, including Alaska, Oklahoma and Northwest and Great Lakes regions. Across the country, Native people are regaining health and strength through the recovery and revitalization of traditional knowledge systems of land, language, traditional arts and health. All registered conference attendees from NAJA and CNAN are welcome to attend this event.

7-8 p.m. **SomaYoga for the Office**
Chaska (2nd floor)

Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN

A chair-based yoga class that teaches practical relaxation techniques. No special props or equipment necessary!

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AGENDA

WEDNESDAY, SEPTEMBER 18

- 6-7 a. m. **SomaYoga for the Office**
Chaska (2nd floor)
Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN
A chair-based yoga class that teaches practical relaxation techniques. No special props or equipment necessary!
- 7-11 a.m. **Registration**
- 7-8 a.m. **Breakfast**
Foyer

SESSION 4: BEST PRACTICES IN COLLABORATIONS BETWEEN NATIVE COMMUNITIES AND ACADEMIC RESEARCHERS

All plenary sessions will be held in the Minnetonka Ballroom

Moderated by Abigail Echo-Hawk (Pawnee), Director, Urban Indian Health Institute, Seattle, WA

- 8 a.m. **Increasing Youth Engagement in Participatory Research**
Christine Martin (Crow), Little Big Horn College, Crow Agency, MT
Vanessa Simonds, ScD (Crow), Associate Professor, Montana State University, Bozeman, MT
- 8:25 a.m. **Reclaiming Sovereignty in the Growing Resilience Action-Research Collaboration**
Christine M Porter, PhD, Associate Professor and Wyoming Excellence Chair in Community and Public Health, Laramie, WY
Growing Resilience Community Advisory Board (CAB) members: Rhonda Bowers (Northern Arapaho), CAB Chair and University of Wyoming Extension on the Wind River Reservation (WRR); Clarisse Harris (Northern Paiute); Pat Harris (Northern Arapaho); and Ina Weed (Eastern Shoshone)
- 8:50 a.m. **Indigenous Ways of Knowing and Doing in Academic-Community Partnerships: The Story of the Centre for Indigenous Peoples' Nutrition and Environment (CINE)**
Treena Wasonti:io Delormier, PhD (Kanienke'há:ka - Mohawk), Associate Professor and Associate Director, CINE, McGill University, Montréal, Canada
Norma Kassi (Vuntut Gwich'in First Nation), Advisor to the Canadian Indigenous Leadership Initiative and Co-Director, Canadian Mountain Network, Whitehorse, Yukon, Canada
Harriet Kuhnlein, PhD, Professor Emerita, McGill University and Founding Director, CINE, Montréal, Canada

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AGENDA

- 9:15 a.m. **Panel/Q&A**
- 10 a.m. **Sassafras, My Teacher: Personal story of Healing Through Re-Connecting with Traditional Foods**
Itai Jeffries, PhD (Yèsah), Traditional Health Program Director, Seattle Indian Health Board, Seattle, WA
- 10:15 a.m. **Closing Elder Panel**
Moderated by Abigail Echo-Hawk (Pawnee), Director, Urban Indian Health Institute, Seattle, WA
- *Lenora Cook (Swinomish), La Conner, WA*
 - *Hope Flanagan (Seneca), Wild Foods Educator, Dream of Wild Health, Minneapolis, MN*
 - *Linda Frizzell, PhD (Eastern Cherokee and Lakota), University of Minnesota School of Public Health, Minneapolis, MN*
 - *Norma Kassi (Vuntut Gwich'in First Nation), Advisor to the Canadian Indigenous Leadership Initiative and Co-Director, Canadian Mountain Network, Whitehorse, Yukon, Canada*
 - *Leon A. Nuvayestewa Sr (Hopi), retired Health Director/Administrator, Hopi Tribe, Polacca, AZ*
 - *Beverly Stabber Warne, RN, MSN (Oglala Lakota), South Dakota State University College of Nursing, Rapid City, SD*
 - *Ernie Whiteman (Northern Arapahoe), Cultural Director, Dream of Wild Health, Minneapolis, MN*
- 11:30 a.m. **Closing Remarks**
Abigail Echo-Hawk (Pawnee), Director, Urban Indian Health Institute, Seattle, WA
Mindy S Kurzer, PhD, Conference Chair, Professor and Director, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN
- 11:45 a.m. **Closing Ceremony**
- Noon **Lunch on Own**
- Optional Post-conference workshop** (register for this separately)
- 2 p.m. **A Live Chef Demo Provided by Yazzie The Chef**
Offsite (meet at the registration desk)
Chef Brian Yazzie aka Yazzie The Chef (Diné), Owner of Intertribal Foodways, Saint Paul, MN

Submit questions and feedback for speakers via Pigeonhole Live: <https://pigeonhole.at/NUTRITION2019>