

# Healthy Kids! Healthy Futures!

# CONFERENCE

*July 10-12 2023 / Sandia Resort & Casino*



# INSIDeOUT



**Dear NB3 Foundation Friends and Supporters:**

**Welcome to the 8th Annual Healthy Kids! Healthy Futures! Conference! We're excited to host you here at the beautiful Sandia Resort & Casino. We are looking forward to an inspiring and motivating two days of learning and networking!**

**This year, we have an incredible lineup of speakers that are all excited to share their knowledge and expertise with you. We pride ourselves in hosting a unique conference experience, so be ready to move and get creative in the sessions! We are also thrilled to welcome back local vendors and business booths. Please take time to browse the amazing artwork and information they each have to offer.**

**We look forward to seeing you at our morning workouts and at the evening activities. Remember to bring your tennis shoes, comfortable active wear, positive attitudes and open minds to help make this a welcoming and productive experience!**

**Thank you,  
NB3 Foundation Team**

# About the Theme

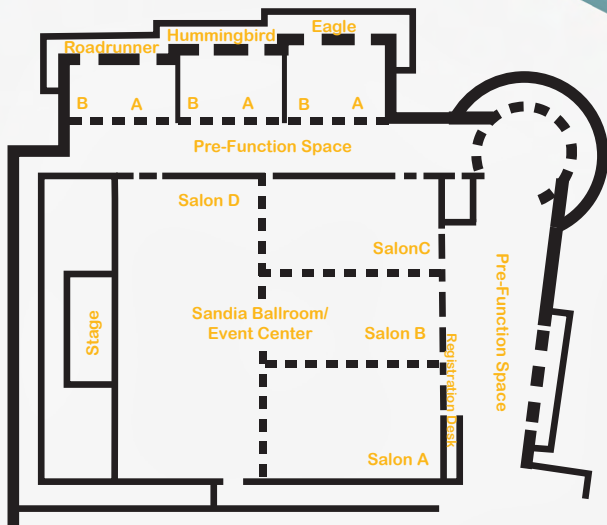


## **Inside Out: Mind, Body, Individual and Community**

Historically and still today, Native communities have known that health is much more than one's physical abilities. We know this from stories, relationships and traditions that have supported us since our emergence. This year's conference theme aims to honor those inherent beliefs by emphasizing a more holistic approach to how we promote the health of our youth and communities.

Logo Artwork by: Keith Scott

# MAP



**Sandia Resort and Casino Convention Center Floorplan**

# AGENDA

**Monday July 10th, 2023**

**12:00pm      Registration Opens**

**1:30pm      Pre-Conference Session:**  
Coach-Mentor Training  
by U.S. Soccer Foundation  
*Eagle*

**6:00pm      Evening Activity:**  
Golf with NB3FIT  
*Sandia Golf Club Driving Range*

**Indigenous games with Mike Garcia**  
*Mountain View Terrace Lawn*

# AGENDA

**Tuesday July 11th, 2023**

**7:30am Physical Activity:**

Walk/Jog *around Sandia Amphitheater*

Kettlebells with Leroy Bazan *Mountain View Terrace*

Morning Stretch with Jennie Holmes *Bien Shur Rooftop Lounge*

**8:30am** Breakfast and Registration *Ballroom D*

**9:30am** Opening Prayer and Welcome *Ballroom D*

**10:00am** Keynote: Well For Culture *Ballroom D*

**11:00am** Active Break

## SESSION 1

**11:30am** APIA/G.L.I.T.C. Collective Impact *Hummingbird*

Dr. Amanda Young, Ph.D

Celebrate Who You Are and Where You Come From *Eagle*

Dr. Anthony Fleg, Healing Through Movement *Ballroom C*

**1:00pm** Lunch *Ballroom D*

## SESSION 2

**2:00pm** Chelsey Luger and Thosh Collins, Well For Culture *Ballroom A*

Dr. Amanda Young, Ph.D

Celebrate Who You Are and Where You Come From *Eagle*

Dr. Anthony Fleg, Healing Through Movement *Ballroom C*

**4:00pm** End Of Day Remarks *Ballroom D*

**6:00pm** Evening Activity: Pool Party

# AGENDA

**Wednesday July 12th, 2023**

**8:00am**

**Physical Activity:**

Walk/Jog *around Sandia Amphitheater*

Kettlebells with Leroy Bazan *Mountain View Terrace*

Morning Stretch with Jennie Holmes *Bien Shur Rooftop Lounge*

**9:00am**

Breakfast *Ballroom D*

**9:30am**

Welcome Back and Reflections *Ballroom D*

## SESSION 3

**10:30am**

Denee Bex MPH, RD, CDCES Empowering Indigenous Families Through Trauma-Informed Nutrition Education *Ballroom A*

Micheal Garcia, Singing for the People:  
The Healing Pathways of Song *Eagle*

NB3FIT, Best Practices for Working with Native Youth *Ballroom C*

**12:00pm**

Lunch *Ballroom D*

## SESSION 4

**1:00pm**

Denee Bex MPH, RD, CDCES, Empowering Indigenous Families Through Trauma-Informed Nutrition Education *Ballroom A*

Micheal Garcia, Singing for the People:  
The Healing Pathways of Song *Eagle*

NB3FIT, Best Practices for Working with Native Youth *Ballroom C*

**2:30pm**

Send Off!

Thank You and See You Next Year! *Ballroom D*

# Share Your Experience!

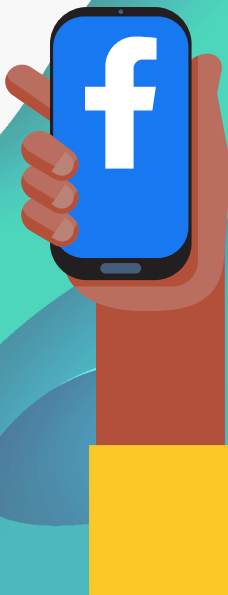


**HASHTAGS**  
#HKHFconference #nb3f  
#healthykidshealthyfutures

nb3foundation

notahbegayfoundation

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## **New Mexico Grande Slam**

Santa Ana Golf Club,  
Santa Ana Pueblo, NM  
October 17th 2023



## **NB3FIT MONTH**

November 2023  
Albuquerque, NM



## **NB3FIT Community XC Race**

Santa Ana Golf Club,  
Santa Ana Pueblo, N.M.  
November 12th 2023

# Session Descriptions

## **Coach-Mentor Training U.S. Soccer Foundation**

The training will focus on:

Sports-based mentoring framework designed to instill mentorship in coaching pedagogy. Step-by-step approach to create lasting, positive connections with youth Applicable across a variety of team sports and youth development programming. Highly engaging and interactive. Special focus on creating access in under-represented and under-resourced communities.

## **Seven Circles of Wellness**

### **Well For Culture | Chelsey Luger and Thosh Collins**

Chelsey & Thosh will guide participants through movement, meditation, and an interactive mind-mapping of their own wellness journey. You will create your own, personally tailored "Seven Circles of Wellness", which will help you on your wellness journey for years to come. This is a fun, safe and uplifting atmosphere which includes group dialogue, interactive exercises, guided visualization, creative movement, laughter and ceremony. Dress comfortably for light movement and games.

## **Collective Impact Through Collaboration & Ceremony Aleutian Pribilof Islands Association and Great Lakes Inter-tribal Council**

Past NB3 Foundation community partners from Alaska and Wisconsin, will share their experiences creating change in their communities through collective impact efforts. Each will share lessons learned and key resources that can help you on your journey to collaborate more effectively to promote the health of your youth and community.

# Session Descriptions

## **Celebrate Who You Are and Where You Come From Dr. Amanda R. Young, Ph.D**

This presentation will discuss inner Indigenous strength and how we can embrace it when our mental health is not being helpful. Presenter will share her life growing up on the reservation, going through higher education and her current work of providing therapy to Indigenous youth. Amanda will also discuss how to be mindful of and how we can use our own knowledge to address our mental health. Finally, she will share how engaging in therapy is different for Indigenous youth.

## **Empowering Indigenous Families Through Trauma-Informed Nutrition Education Denee Bex, MPH, RD, CDCES**

This presentation will provide an overview of the importance of trauma-informed care and education for Indigenous communities and families. We will explore the impact of historical trauma and the need for nutrition education that incorporates traditional Indigenous foods and trauma-informed care. Key principles of trauma-informed care and education will be discussed, along with strategies for overcoming barriers to implementation. The presentation will emphasize the importance of ongoing support and resources for addressing trauma in Indigenous communities through nutrition education.

# Session Descriptions

## **Singing for the People: The Healing Pathways of Song** **Michael Garcia**

Come explore how traditional Pueblo songs are created and share in its blessing with the world. We will discuss the power of a song and how it connects our mind, body and spirit to the people, land, language, culture and traditions. We also will examine the relationships between our physical, mental and spiritual wellbeing, using the power of song to create a deeper understanding to the importance of connection to one's life journey, growth and healing.

## **Healing Through Movement** **Dr. Anthony Fleg and Christopher Humetewa**

This interactive session will focus on the science of how movement heals mind, body and spirit. Dr. Anthony Fleg, the founder of Running Medicine ([runningmedicine.org](http://runningmedicine.org)) and Chris Humetewa, an Indigenous collegiate distance runner, will lead this session.

## **Best Practices for Working with Native Youth** **NB3FIT**

This informative and entertaining panel will provide the opportunity to learn from and engage with the coaches who lead NB3 Foundation's award-winning youth programs. Focused on easy-to-implement strategies and activities designed to successfully engage Native youth in sports-based programming, NB3FIT coaches will share their personal experiences and answer audience questions.

Thank you to our Partners and Funders!











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