Restoring & Celebrating Family Wellness Workshop
January 28, 2020
5:30 pm - 8:00 pm
Shiprock Chapter

“Navajo Wellness Model Overview”

Light Dinner, Free Workshop & Door Prize Drawing

Living in a positive way leads to a long life of wellness and harmony according to teachings from the Navajo Wellness Model. Join us for an evening of teachings from the Navajo Wellness Model, Shábik’ehgo As’ah Oodáát, a journey with wellness and healthy lifestyle guided by the journey of the sun. Workshop presenters will include teachings based on the four directions, East, South, West and North to help restore and keep balance in the lives of individuals, families, community, and environment. The workshop will also include a hands-on activity for all participants.

Contact: Judy Wolfe 505-368-6304, or Randy John 505-368-7463

Restoring & Celebrating Family Wellness Committee: Shiprock Chapter, Community Volunteers, Health Promotion/Disease Prevention, Navajo Nation Division of Behavioral & Mental Health Services, Office of Environmental Health/ Diné Bahozho Coalition, NNMC Sexual Assault Care Coordination, NNMC ICU/Nursing Division, Office of Diné Youth-Shiprock Agency, San Juan Collaboratives for Health Equity, Indian Country Grassroots Support/Navajo Family Voices, Teen Life, Healthy Hunger Free Kids Act Demonstration Project, Healthy Native Communities Partnership, NNMC Women’s Health, Together Growing Our Dreams (T-GOD), Navajo Treatment Center for Children & Families, Navajo Department for Self Reliance, Capacity Builders, Strengthening Families Program/Navajo Nation Division of Social Services.

We are committed to strengthening families and nurturing positive changes in our communities.