

Healthy Living & Chronic Disease Prevention Gathering



APRIL 29, 2025

8:00 AM

Blessing, Breakfast to follow

9:00 AM

Welcome, emcees **Amanda Goodstone & Duane Wesley**

10:00 AM

Refreshment & Body Break, Wellness Fair

10:15 AM

*Panel: **Risk Factors, Prevention and Intervention: Chronic Diseases, Cancer and Chronic Pain***

11:30 AM

*Roundtable: **Delivering Healthy Living Programs in Community: Successes, Challenges and Resources Needed***

12:30 PM

Lunch & Wellness Fair

1:00 PM

*Keynote: **Chrystal Toop, Blackbird Medicines**
The Indigenous Death Movement: Reclaiming Legacy & Rituals*

2:00 PM

Refreshment & Body Break, Wellness Fair

2:20 PM

*Elders Panel Discussion: **Tobacco Protocol***

3:30 pm

Breakout Sessions

- **Wasakama: Make a Circle Project**, First Nations University of Canada
- **Honouring Stoney Nakoda Elders: A Holistic Approach to Health, Wellness, and Falls Prevention**, Stoney Health Services
- **Community View: Diabetic and Nutrition Programs that Thrive**, Stoney Nakoda Nations dietitians

4:30 PM

Day 1 Closes

Healthy Living & Chronic Disease Prevention Gathering



APRIL 30, 2025

8:00 AM

Blessing, Breakfast to follow

9:00 AM

Day 2 Overview,
emcees **Amanda Goodstone & Duane Wesley**

9:15 AM

3-Hour Workshop: Resilience Scale Masterclass, The Alberta Family Wellness Initiative

10:30 AM

Refreshment & Body Break, Wellness Fair

12:15 PM

Lunch & Wellness Fair

1:00 PM

Keynote: From Trauma to Resilience: Working Towards Reconciliation to Build Healthy Communities, Lacy Runner, Tsuut'ina Health & Wellness Services

2:00 PM

Refreshment & Body Break

2:15 PM

Breakout Sessions

- **Supporting Wellness Alongside Cancer Treatment**, Alberta Cancer Care Program
- **Meaningful Engagement Strategies for Diabetes Care**, Okaki Diabetes Virtual Care Clinic
- **Goal Setting Using the Medicine Wheel: How to Incorporate Body Movement, Mindfulness and Meditation**, Beverly Swampy

3:00 PM

Round Dance, Blessing, Closing Reflections