

Running in Beauty for a Stronger Healthier Navajo Nation—FINALE

Navajo Nation Special Diabetes Project

Agenda

August 2, 2014

Mountain Daylight Time

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| I. | 5:30am – 11:30pm—Registration Booth | EVENT STAFF |
| II. | 6:00am—Opening Prayer | Mr. Edbert Little Program Supervisor I |
| III. | 6:10am – 6:15am—Group Stretch | Mr. Bryan Smith Fitness Specialist |
| IV. | 7 – Walks/Runs 6:15am / 7:10am / 8:00am / 9:00am / 10:00am 11:00am (Walk Only) / 11:30am (Run Only) | Mr. Darwin Mitchell Acting Program Supervisor I |
| V. | 4 - Group Exercise Sessions (30mins) 7:00am – 7:50am—Zumba 8:20am – 8:50am—Senior Exercise 9:20am – 9:50am—Youth Tabata 11:20am – 11:50am—Line Dancing | Ms. Evelyn Mahkee Fitness Specialist Ms. Joyce Hamilton Wellness Center Manage |
| VI. | 3 – Presentations (30 mins) 8:50am – 9:20am—Youth Diabetes Prevention 9:50am – 10:20am—Physical Activity: Healthy Heart 10:50am – 11:20am—Effect of Unhealthy Eating | Ms. Bernice Sage Health Education Tech. Ms. Sharon Begay Fitness Specialist Ms. Margilene Barney Nutritionist |
| VII. | 10:00am – 2:00pm—Exhibit Booth Expo | EVENT STAFF |
| VIII. | 12:00pm – 1:00pm | GRAND ENTRY LINE UP/DANCE PARTY |
| IX. | 1:00pm – 2:00pm—Closing Remarks | Mr. Ray B. Louis Public Information Officer |
| X. | 2:00pm – 4:00pm | LUNCH |



Navajo Nation Special Diabetes Project
4th Annual 2014 Running in Beauty for a Healthier Navajo Nation- Finale

Registration

Twin Arrow Casino Resort
22181 Resort Boulevard Exit 219, I-40
Flagstaff, Arizona 86004

PARTICIPANTS INFORMATION (Please Print Clearly)

NAME: _____
(Last Name) (First) (Middle)

JOB TITLE: _____ DEPARTMENT/ORGANIZATION: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Work Phone: () _____ Cell: () _____

Fax: () _____

Are you a: () Participant () Presenter () Vendor () Exhibitor

**Note: EXHIBITORS OR VENDORS ARE RESPONSIBLE FOR THEIR OWN
LODGING AND EXPENSES.**

CONTACT INFORMATION:

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