



Indigenous Running Mentorship Training

Wings of America is inspired by the cultural, spiritual and competitive legacy of Native runners. This training will introduce attendees to all the necessary techniques and tools needed to begin mentoring runners and walkers of all ages and ability levels. Topics and skills covered:

- ⇒ Native Running History & Tradition
- ⇒ Proper Warm-Up & Cool-Down Techniques
- ⇒ Scouting and Marking Run/Walk Courses
- ⇒ Creating Running/Walking Workout Plans

Saturday, October 2, 2021

9:00 AM — 4:30 PM

Puente de Hozho Elementary School Gym,
3401 N Fourth St, Flagstaff, AZ 86004

This training is free! Accepting 30 registrants.
Health coaches, fitness professionals, diabetes educators
and youth workers are encouraged to register!

To register: Carrie Dallas, CDallas@nacainc.org,
(928)-526 -2968 ext. 165



NACA's, Lasting Indigenous Family Enrichment (L.I.F.E.) Program is funded by the Centers for Disease Control, Tribal Practices for Wellness in Indian Country Grant. Its purpose is to utilize tribal contemporary practices to encourage health and wellness through strengthening physical and mental health, tribal identity, and connection to culture to reduce prevalence of diabetes and other chronic conditions in Indian Country.