

October 20, 2008 - New Community Coordinators' Training Day

8:00 AM **New Coordinators' Registration**
CONFERENCE FOYER, LEVEL C

Buffet Breakfast
BALLROOM FOYER, LEVEL C

8:30 AM **Smudge Ceremony (optional)**
Leonard Ward
BARCLAY ROOM

9:00 AM **Opening Prayer**

9:15 AM **Welcome/Event Overview Honour Your Health Challenge**
Denise Lecoy
Provincial Coordinator, HYHC

Aboriginal ActNow BC
Deborah Schwartz
Ministry of Healthy Living and Sport

HYHC Coordinator Past/Present
Lyle Adams,
Nisga'a Territory

10:00 - **Refreshment Break**
10:30 AM *BALLROOM FOYER*

10:30 AM **PLENARY Honour Your Health Challenge (continued)**
BALLROOM FOYER

One Breath at a Time -
DVD presentation

Aboriginal InTraining Program - DVD Presentation

Past HYHC Community Coordinators Presentations

- Janice Kyle/Chuck Lucas
Nuxalk Nation
- Lucille Stoney
John Field Elementary School
- Carol Eichstaedt/
Lynne Wilson
Hagwilget Village Council

12:00 - **Lunch Buffet**
1:00 PM *BALLROOM FOYER*

1:00 - **Break Out Sessions**
4:30 PM (includes 30 minute refreshment break)

Let's Get Started - the Honour Your Health Challenge Work Plan

ROOMS ASSIGNED AT REGISTRATION

This afternoon session will provide the opportunity to share ideas with others and begin putting ideas into action in the development of your 2009 Honour Your Health Challenge work plan.

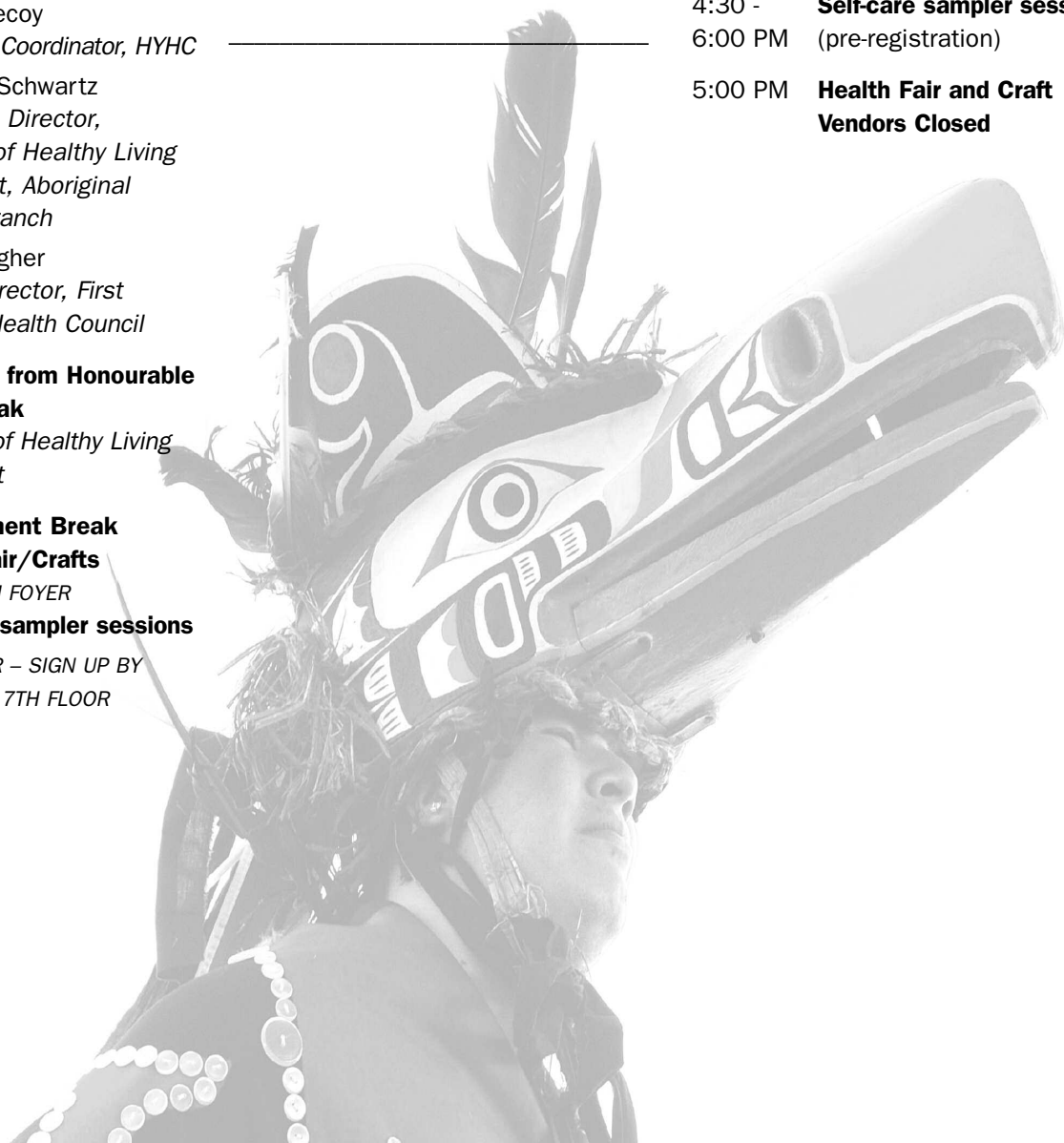
The HYHC is a fun and meaningful way to promote active healthy lifestyles within any setting - many communities, schools and organizations have benefited from this easy-to-implement program. While you may be brand new to the role of Honour Your Health Challenge Community Coordinator, you bring your own skills and past experiences to this event that are sure to guide you in your HYHC planning process.

4:30 PM **New Community Coordinators' Training Day Closed**



October 21, 2008 - Welcome Returning Coordinators

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| <p>8:00 AM Returning Community Coordinators' Registration
<i>CONFERENCE FOYER, LEVEL C</i></p> <p>Buffet Breakfast
<i>BALLROOM FOYER, LEVEL C</i></p> <p>8:30 AM Smudge Ceremony (optional)
Leonard Ward
<i>BARCLAY ROOM</i></p> <p>9:00 AM Opening Prayer
<i>DENMAN BALLROOM</i>
Leonard Ward or HYHC training event delegate</p> <p>Welcome from:
Chief Ian Campbell
<i>Squamish Nation Welcome</i></p> <p>Denise Lecoy
<i>Provincial Coordinator, HYHC</i></p> <p>Deborah Schwartz
<i>Executive Director, Ministry of Healthy Living and Sport, Aboriginal Health Branch</i></p> <p>Joe Gallagher
<i>Senior Director, First Nations Health Council</i></p> <p>9:45 AM Welcome from Honourable Mary Polak
<i>Minister of Healthy Living and Sport</i></p> <p>10:00 - Refreshment Break</p> <p>10:30 AM Health Fair/Crafts
<i>BALLROOM FOYER</i></p> <p>Self-care sampler sessions
<i>7TH FLOOR - SIGN UP BY STAIRS TO 7TH FLOOR</i></p> | <p>10:30 AM Break Out Sessions #1
Refer to workshop description section for further details</p> <p>12:00 PM Lunch Buffet
Health Fair/Crafts
<i>DENMAN BALLROOM</i></p> <p>12:10 - Self-care sampler sessions</p> <p>1:00 PM <i>7TH FLOOR - SIGN UP ON CONFERENCE LEVEL</i></p> <p>1:00 PM to 5:00 PM</p> <hr/> <p><i>HYHC/Sun Run InTraining - CPR Certification</i></p> <p>Preregistration required - room to be announced</p> <hr/> | <p>1:00 PM Break Out Sessions #2
Refer to workshop description section for further details</p> <p>2:30 - Refreshment Break</p> <p>3:00 PM Health Fair/Crafts
<i>BALLROOM FOYER</i></p> <p>Self-care sampler sessions
<i>SIGN UP TABLE IN CONFERENCE FOYER</i></p> <p>3:00 PM Break Out Sessions #3
Refer to workshop description section for further details</p> <p>4:30 PM Day Sessions Closed</p> <p>4:30 - Self-care sampler sessions
(pre-registration)</p> <p>6:00 PM</p> <p>5:00 PM Health Fair and Craft Vendors Closed</p> |
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October 22, 2008 - Day 3

8:00 AM **Buffet Breakfast**
BALLROOM FOYER, LEVEL C

8:30 AM **Smudge Ceremony (optional)**
BARCLAY ROOM
Leonard Ward

9:00 AM **Opening Prayer**
CONFERENCE BALLROOM
Daily Overview

9:10 AM **Partners in Health and Wellness**
CONFERENCE BALLROOM

- BC Recreation and Parks Association
- Alcohol and Drug Education Services
- First Nations Health Council – Rosalin Hanna
- QuitNow and Win Contest – Suzanne Gaby
- National Collaborating Center for Aboriginal Health

10:00 - **Refreshment Break**

10:30 AM **Health Fair/Crafts**
BALLROOM FOYER

Self-care sampler sessions
7TH FLOOR – SIGN UP ON
CONFERENCE LEVEL

10:30 AM to 4:30 PM

HYHC/Sun Run InTraining – Group Leader Training

PREREGISTRATION REQUIRED

Participants will attend the entire session in order to qualify as Group Leaders. Room to be assigned based on pre-registration numbers

10:30 AM **Break Out Sessions #4**
Refer to workshop description section for further details

12:00 PM **Lunch Buffet**
Health Fair/Crafts
DENMAN BALLROOM

12:10 - **Self-care sampler sessions**
1:00 PM 7TH FLOOR – SIGN UP ON
CONFERENCE LEVEL

1:00 PM **Break Out Sessions #5**
Refer to workshop description section for further details

2:30 - **Refreshment Break**
3:00 PM **Health Fair/Crafts**
BALLROOM FOYER
Self-care sampler sessions
7TH FLOOR – SIGN UP ON
CONFERENCE LEVEL

3:00 PM **Break Out Sessions #6**
Refer to workshop description section for further details

4:30 PM **Day Sessions Closed**

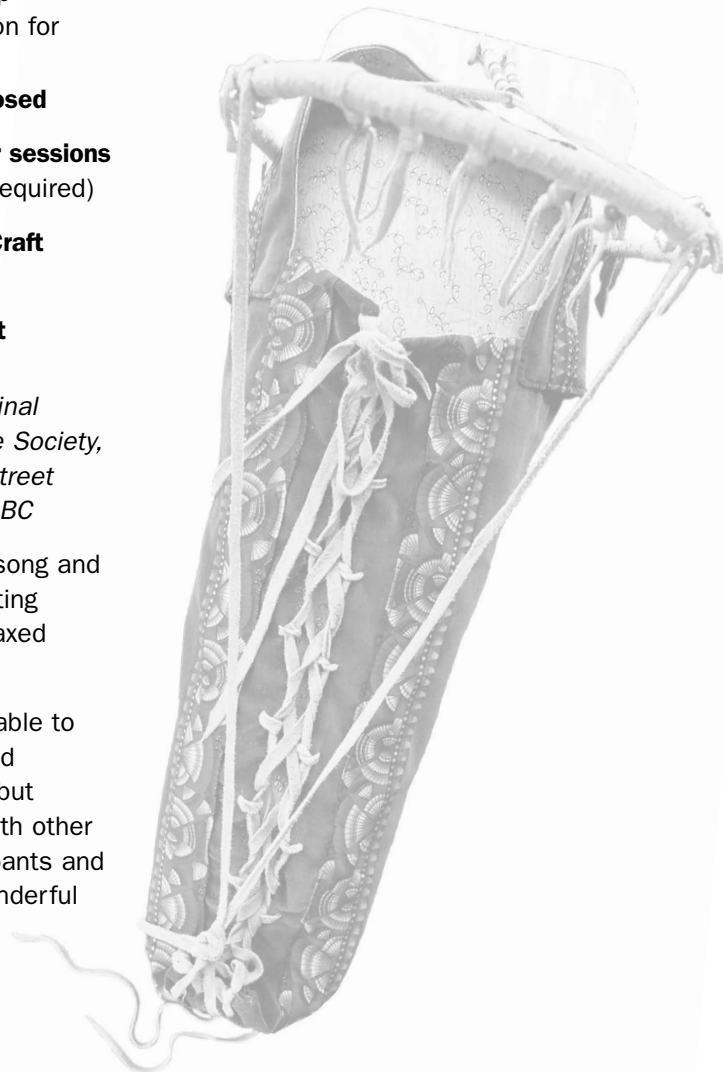
4:30 - **Self-care sampler sessions**
6:00 PM (pre-registration required)

5:00 PM **Health Fair and Craft Vendors Closed**

7:00 PM **West Coast Night (optional)**
Vancouver Aboriginal Friendship Centre Society, 1607 Hastings Street East, Vancouver, BC

Enjoy traditional song and dance while meeting others in this relaxed atmosphere.

(We apologize for not being able to assist with arrangements and transportation to this event but encourage you to connect with other HYHC Training Event Participants and make plans to enjoy this wonderful opportunity).



October 23, 2008 - 9:00 AM to 12:00 PM Noon

- 8:00 AM **Buffet Breakfast**
BALLROOM FOYER, LEVEL C
- 8:30 AM **Smudge Ceremony (optional)**
BARCLAY/GUILFORD BALLROOM
- 9:00 AM **Opening Prayer**
DENMAN BALLROOM
**Honouring Our Traditions/
Honouring Our Health**
Elaine Alec
*Okanagan Nation/Penticton
Indian Band*
2009 Logo Design Winner
Judy Wesley
- 9:20 AM **Partners in Health and Wellness**
- 10:00 AM **Nutrition and Stretch Break**
- 10:15 AM **HYHC Grants and Timelines**
Denise Lecoy
- 10:30 AM **Lighting the Fire – Giving the Flame**
Larry Birkhead
(HABIT SHIFT)

Research clearly shows that we all take the same steps when we make lifestyle changes that stick. Leading

others through the steps is hard work but brings deep satisfaction from contributing to the lives of others. There are tricks to learn, however, that when we do them well, dramatically increase the positive impact we can have.

Think of it this way: the habits we now have are like ice cubes and none of us responds well when someone tries to change our shape with a hammer. What works better is to melt our current habits into a form that makes change much more likely and then reshape and refreeze our new lifestyle through care, nurturing, and support. In the closing session of the HYHC Provincial Training Event, you will learn or be reminded of some of the things leaders can do to help others keep the fire of change alive.

About the Presenter: is the author of the *Habit Shift* and *Bringing Mindfulness to Life Workshops*. He has a Master's Degree in counselling with a specialty degree in alcohol and substance abuse; spent years working with offenders, families in crisis, and heroin addicts. Over the past 30 years, he has earned solid credentials as a manager, teacher, consultant, and facilitator in the course of developing people and businesses in private, government, and non-profit sectors. Derived from his research in the field of human change, neurolinguistic programming, neuroscience, meditation, and direct experience with hundreds of people working through personal and professional change, he delivers development consulting, training, and coaching.

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- 11:20 AM **Closing Ceremonies and Give-Away**
Eagle Song Dancers -
Spakwus Slolem

Spakwus Slolem, (translated, "Eagle Song Dancers"), are members of the Squamish Nation, whose traditional territory is the Howe Sound, Vancouver to Whistler area. The Squamish have lived and utilized this area for over 10,000 years, having history traced back to the Great Flood, and an Ice Age.

We are a Coastal people, people of the cedar longhouses, of the great sea-going canoes, the racing war canoes, People of the Salmon. Our colourful history speaks of things of legend, of deeds of certain members of the Smylaith Tribe (Sasquatch), legends of the Animal Kingdom (i.e., The Raven, Seagull and Sun), which brings out Teachings of our Squamish People, the History of Takaya, the Wolf Clan, one of our Squamish Family's History.

Spakwus Slolem presentations brings out "Chiax", the protocol and laws of our canoe culture, for our Longhouses. Some of our Elders today still have memories of early years, travelling across the waters in great canoes to visit Family in distant land, and exercising our Chiax. Spakwus Slolem presents a glimpse into this culture through singing/drumming and dance.

12:00 PM **Event Closed**

