

"The Awakening" holds third Wellness Conference



Speaker, Sacheen Littlefeather teaches women the four-directions of health, also how to get well and be well during Thursday mornings topics.



An HIV Prevention and AIDS Education panel was discussed Thursday afternoon by Sacheen Littlefeather and three other specialists.



Information packets along with condoms and rubber gloves were made available with information regarding safe sex to prevent the spread of AIDS.



Energy breaks were held throughout the entire conference to give the conference attendees who were sitting for long periods during speeches. They were instructed by Wellness Coordinator Joey Ortiz.



The Wellness Committee held a mini pow wow to end the agenda for Thursday, which young children took part in, showing their skills.

The 3rd Annual Conference of "The Awakening" was held at the Warm Springs Community Center October 7, 8 and 9, 1993 and the theme for this year was "Spirit of Woman: A Personal Journey to Wellness" The conference was sponsored by Community Health Promotion, Indian Health Service and O.S.U. Extension.

The three day event began Thursday morning with opening prayer and a number of speakers with topics such as the wellness and safety of women. The day ended with a Salmon Bake Dinner and a Mini Pow wow. Friday was filled with more keynote speakers and topics such as HIV Prevention and AIDS education. While Saturday was mainly closing remarks by speakers and participants.