

WORKSHOP INFORMATION

- ♦ *Health Benefits of Thinking Positive* – positive thinkers approach obstacles in life more productively and have an easier time overcoming them.
- ♦ *Diabetes Walk & Talk* – the walk is open to all conference participants, not just those with diabetes. For people with diabetes, see how the simple act of walking affects your blood glucose levels. Nurses will check glucose levels before and after the walk.
- ♦ *How to Declutter* - learn how to let go of the stuff that is weighing you down and make space for what really matters. This session will help you manage emotional attachment to things and show you how to start creating a clutter-free home and optimizing your storage space with low-cost supplies.
- ♦ *Cooking Demo* - snacking isn't evil, it's what you're snacking on that's the problem. Learn to make guilt-free snacks that are both healthy and delicious.
- ♦ *Empowerment From Biology to Sociology* - how we can actively rewire and rewire our brains for empowerment and better health.
- ♦ *More In-depth Ways to Rewire Your Brain* – additional information about how to rewire and rewire our brains.
- ♦ *Using Native Plants and Gardening to Promote Positive Living* - learn how planting and using indigenous plants can have a positive impact on your everyday life.
- ♦ *Using Positive Thinking to Overcome Health Issues* - finding ways to keep a positive outlook when going through a rough challenge. An interactive talk on keeping positive.
- ♦ *Positive Living Through Social Dancing* - dance and express the positive gifts in your life.

The Oneida Indian Nation presents the

17th Annual “Aging Well: Think Positive, Live Positive”

A conference for American Indians
and their Caregivers

May 25-26, 2017

Turning Stone Resort Casino
Conference Center
Verona, NY



Registration Brochure

THURSDAY, MAY 25

Morning

- 8:15 Registration and Continental Breakfast
8:45 Welcome - Kathy Willard
8:50 Opening - Sheri Beglen
9:00 Ice Breaker: Spin the Bottle - Emily Tarbell
9:15 Health Benefits of Thinking Positive - Dr. Benson Kelly
10:30 Coffee Break
10:45 Elders Panel - How positive thinking has helped me and continues to help me live a positive life - Darlene Alfred
12:00 Lunch

Afternoon

- 1:15 **WORKSHOPS - SESSION A**
1. Diabetes Walk and Talk - Mollie Tracy and Jeanne Dee Northington
2. How to Declutter - Carrie Luteran
3. Cooking Demo: Promoting positive thinking with healthy snacks - Turning Stone Food & Beverage Dept.
2:00 Coffee Break
2:15 **REPEAT WORKSHOPS - SESSION B**
1. Diabetes Walk and Talk - Mollie and Jeanne Dee
2. How to Declutter - Carrie Luteran
3. Cooking Demo: Promoting positive thinking with healthy snacks - Turning Stone Food & Beverage Dept.
3:00 Adjourn
3:45 Meet in lobby for off-site bus trips to:
Oneida Heritage Store
Shako:wi Cultural Center
Sangertown Square Mall

FRIDAY, MAY 26

Morning

- 8:15 Registration and Continental Breakfast
8:45 Empowerment From Biology to Sociology - how to actively rewire and rewire our brains for empowerment and better health - Dr. Darryl Tonemah
9:45 Coffee Break
10:00 **WORKSHOP SESSIONS**
1. More in-depth ways to rewire your brain - Dr. Tonemah
2. Using Native Plants and Gardening to Promote Positive Living - Ken Parker
3. Using Positive Thinking to Overcome Health Issues - Tara Tarbell
10:45 Coffee Break
11:00 Positive Living Through Social Dancing - Kontiwennenhawi - Akwesasne Women Singers
11:45 Lunch

Afternoon

- 12:45 Evaluations and Prize Drawings
1:15 Closing Words - Sheri Beglen

Dress in layers; the room temperatures may be chilly

LODGING

Turning Stone Resort Casino Hotel: reservations accepted until May 3 at a conference rate of \$115 per night, plus tax. Also: The Inn at Turning Stone and Villages at Turning Stone RV Park. For reservations, call 1-800-771-7711. Other accommodations *Oneida Super 8 Motel (315) 363-5168 *Verona Microtel Inn and Suites 1-800-771-7171 *Fairfield Inn (315) 363-8888 *Canastota Days Inn (315) 697-3309