



JOIN US!

- Free Webinar Training
- 11am - 12pm
- Tribal Youth Wellness
- Register Today

<http://healthyyouth.rsvpify.com>

JANUARY 30TH

Growing the Next Generation of Healthy Youth

Growing the Next Generation of Healthy Youth will discuss ways to integrate traditional and modern-day knowledge of nutrition and physical activity to decrease obesity and chronic disease among Alaska Native families. The host of this webinar is Tara Christiansen-Stiller, Alutiiq/Aleut, her families are from King Cove and Old Harbor Alaska. It is her passion is to empower communities to support the health and wellness of youth through the teaching of the ways of life both before (like our ancestors) and today (in the modern world).

JOIN NOW: <http://healthyyouth.rsvpify.com>

PRESENTER

- Tara Christiansen-Stiller, MPH
- Community Development Supervisor
- Email Tara tstiller@ruralcap.com

