

2026 WELLNESS CONFERENCE



THURSDAY, JULY 2ND

 **TWIN ARROWS NAVAJO CASINO**



8AM - 4:30 PM (MST)

**FREE
EVENT!**



“Strong Mind - Positive Thoughts Gives You Strength”

Join us for this year's Winslow Indian Health Care Center, Inc. Annual Wellness Conference at Twin Arrows Navajo Casino Resort. This year's theme centers on Hahóni, a Diné teaching meaning “strong mind and body.” This teaching reminds us that caring for our mental wellbeing helps strengthen both mind and body, supporting a healthier and more balanced life. Attendees will have the opportunity to participate in breakout sessions focused on wellness, visit a community health fair featuring local resources and services, enjoy a buffet-style lunch, and receive participant incentives throughout the event. Following the conference, a Just Move It run/walk will bring the event to a close, encouraging participants to put wellness into action and carry the message forward. Register today to secure your spot!

**SECURE YOUR SPOT BY
REGISTERING ONLINE!**



**SCAN
OR
VISIT WIHCC.COM**

KEYNOTE SPEAKER!



Travis Teller
Diné Traditional Practitioner

AGENDA

2026
WELLNESS
CONFERENCE



7:30 AM

Registration & Breakfast
Online & In-Person

8:00 AM

Posting of Colors & Flag Song
Honoring of Veterans - Veterans Song

8:20 AM

Invocation

8:35 AM

Welcome

8:45 - 9:45 AM

Keynote Speaker

General Session | Travis Teller, Diné Traditional Practitioner

“Ha’honi”: Strong Mind – Positive Thoughts Gives you Strength”

10:00 - 10:45 AM

Breakout Session #1

11:00 - 11:45 AM

Breakout Session #2

11:45 - 12:00 PM

General Session

12:00 - 12:30 PM

Lunch

12:45 - 1:30 PM

Breakout Session #3

1:45 - 2:45 PM

Keynote Speaker

General Session - TBD

2:45 - 3:00 PM

Closing Remarks, Benediction, & Retirement of Colors

3:00 - 4:30 PM

Entertainment

Presentation Topics

- Understanding Emotions & Self-Regulations
- Strength of Prayer
- Substance Abuse
- Childhood Trauma
- Domestic Violence - Family and Community Dynamics
- Cultural Loss and Identity



**Just Move It registration & check-in
begins at 5:00 PM (MST)**