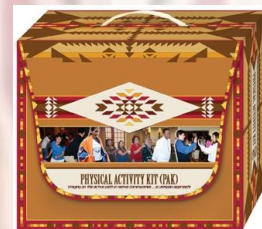




Physical Activity Kit (PAK) Training

Staying on the Active Path in Native Communities...a lifespan approach!
PAK consists of traditional and contemporary Native American games and dances to emphasize active lifestyles across all ages.

Mescalero, NM
Community Center Gymnasium
(101 Central Ave)
June 14, 2023



Overview of Agenda

Sign In
Opening Blessing/Welcome/Intro
PAK for Young People
Mt Pathways Challenge
Exercise Breaks
Adults & Families
Modified American Indians Games
Older Adults
Resources
Action Plan
Closing Blessing

Please dress comfortable wearing athletic shoes and clothes as we will be demonstrating and participating in physical activities during the training.

Face masks are optional

For more information, please call:

Zelda Yazza

Phone: (575) 648-6512

or

Theresa Clay

I.H.S. Albuquerque Area Health Promotion

Phone: 505.256.6720

Please email or fax registration form by June 2 or until filled to:

Zelda Yazza

Email:

zelda.yazza@csgprograms.com

OR

Fax: (575) 648 -6520



THE UNIVERSITY of
NEW MEXICO
PREVENTION RESEARCH CENTER

Physical Activity Kit (PAK)

Training

Community Center Gymnasium, Mescalero, NM
(101 Central Ave)

June 14, 2023

Registration Form

Full Name	
Mailing Address	
Email Address	
Phone Number	
Fax Number	
Tribe(s) Representing	
I am willing to: <ul style="list-style-type: none">• Attend full day of the PAK training.• Share PAK with others in the community and schools after training.• Document PAK implementation and stories to HPDP program by emailing: theresa.clay@ihs.gov.	
<hr/> Participant Signature	

**Please email or fax registration
form to Zelda Yazza**

by:

June 2, 2023 or until filled

Email:

zelda.yazza@csgprograms.com

OR

Fax: (575) 648-6520

If you have any *questions* call:

Zelda Yazza

575.648.6512

or

Theresa Clay

505.256.6720

