

10th Annual National Indigenous Physical Activity and Wellness Conference

APRIL 28th CONFERENCE: DAY 1

8:15-8:30am

Welcome Message: Dano Thorne

8:30-9:00am

Keynote Address: Alana Cook

9:00-9:30am

Keynote Address: Lucas Bruchet

9:30-9:45am

Health Break

9:45-10:45am

Fitness Centre
Lynette Fisher: *Healing Grief and Trauma Through Indigenous Athleticism in Sport*

Gym
Dr. Paul Whitnui: *Culture Counts: How Culturally Safe is Sport for Indigenous Youth in Canada*

Water
Elder Hwiemtun Roland: *Traditional Water-Based Activities*

10:55-11:55am

Fitness Centre
Anna Walker and Jane Nettleton: *Healthcare Access: Kinesiology Injury Prevention of the Spine and Shoulder*

Gym
Victoria Marchand: *Thriving on and off the Field: A Day in the Life of a High-Performance Indigenous Athlete*

Virtual
Shyla Gaebel: *Trauma-Informed Yoga*

Water
Elder Hwiemtun Roland: *Traditional Water-Based Activities*

12:05-1:00pm

Healthy Lunch

12:45-1:00pm

Poster Presentations:

Gym
Hannah Sanvido: *Women and Nonbinary Folks' Understandings of Their Sports-Based Activism*

Fitness Centre
Débora Petry Moecke: *Scoping Review on Telehealth Use by Indigenous Populations From Australia, Canada, New Zealand, and the United States*

1:00-2:00pm

Fitness Centre
Dr. Geoff Kira: *Te Hau Kori: Addressing the Gap Between Physical Activity Research, Policy and Practice Through Organisational Co-Design and Genuine Partnership*

Gym
Kyle Kaayák'w Worl: *The Healing Power of Traditional Games*

Water
Elder Hwiemtun Roland: *Traditional Water-Based Activities*

2:00-2:15pm

Transition Time

2:15-3:15pm

Fitness Centre
Fran Ermineskin

Gym
Dr. Geoff Kira: *Traditional Indigenous Games as a Learning Tool*

Water
Elder Hwiemtun Roland: *Traditional Water-Based Activities*

3:15-3:30pm

Health Break

3:30-4:30pm

Fitness Centre
Claudia Langemeyer: *Improving Outcomes for Indigenous People Living with Chronic Pain: Program Evaluation Findings of a Chronic Pain Management Program in Vancouver's Inner-City*

Gym
Breanna Morin, Emilia Grindlay, and Patrick MacQuarrie: *Honouring the Voices of Indigenous Women Elders in the Recreation & Parks Sector*

APRIL 29th CONFERENCE: DAY 2

9:00-9:30am

Keynote Address: Richard Peter

9:30-10:15am

Keynote Address: Chief Randy Ermineskin and Dr. Wilton Littlechild

10:15-10:30am

Health Break

10:30-11:30am

Fitness Centre
Kendra Jessie: *Our Ancestors Were Athletes*

Gym
Lamarr Oksasikewiyin: *Traditional Games for Cultural Survival*

Water
Elder Hwiemtun Roland: *Traditional Water-Based Activities*

11:30-12:30pm

Fitness Centre
Dr. Rosalin Miles and Kai Kaufman: *The Importance of Honouring Clean Air to Strengthen Connections to Wholistic Health and Wellness*

Gym
Carly Checholik, Michelle Nieviadomy, and Stacey Dyck: *Using Photovoice to Understand the Impacts of Makoyoh'sokoj, a Holistic Wellness Program, on Indigenous Women's Health Journeys*

Water
Elder Hwiemtun Roland: *Traditional Water-Based Activities*

12:30-1:15pm

Healthy Lunch

1:15-2:15pm

Fitness Centre
Dr. Pat Camp: *Physical Activity for People with Chronic Health Conditions*

Gym
David Robinson: *Wellness Through Carving in Education*

Water
Elder Hwiemtun Roland: *Traditional Water-Based Activities*

2:00-2:15pm

Transition Time

2:15-3:15pm

Fitness Centre
Sunaina Chopra: *Niwh Yizt'iyh Hilht'iz Nets'eelh'iyh - Strengthening our Bodies: Physical Activity Experiences of First Nations Communities in Northern British Columbia*

Virtual
Deyowidron't Teri Morrow: *Haudenosaunee Food Systems and Spiritual Strength*

Water
Elder Hwiemtun Roland: *Traditional Water-Based Activities*

3:15-3:30pm

Health Break

3:30-4:30pm

Fitness Centre
Dr. Tricia McGuire-Adams and Laurie Buffalo: *Maskwacis Disability Futures: Vital Practices, Needs, Actions, and Dreams*

Gym
Dr. Brian Rice: *Indigenous Land-Based History and Health*

4:30-4:45pm

Closing Prayer