



FOR IMMEDIATE RELEASE  
February 28, 2017

CONTACT:  
Lishua Gishie | 928-289-6164  
lishua.gishie@wihcc.org  
www.wihcc.com

## **Winslow Indian Health Care Center hosting 25<sup>th</sup> Annual Wellness Conference, 12<sup>th</sup> Annual Hózhóqo liná Youth Wellness Conference**

**WINSLOW, Ariz.** — The Winslow Indian Health Care Center’s Health Promotion/Disease Prevention Program is hosting the 25<sup>th</sup> Annual Wellness Conference and the 12<sup>th</sup> Annual Hózhóqo liná Youth Wellness Conference on June 13 at Jeddito Public School and on June 20 at Dilcon Community School.

The conference will provide local communities and families with information about Ádaa háąh hasin bee hózhóqo iiná, which means to “Know your limits, stability and reflection through the beauty way of life.”

The conference is designed to share information and health education based on the Navajo traditional philosophy of Hózhóqo liná, Beauty Way of Life. Integrating Navajo cultural ways with Western concepts of health is important. By promoting Navajo cultural beliefs and using the four cardinal directions as a reference, conference attendees will aspire to elevate self-confidence and awareness in every day decision-making, which leads to an improved quality of life.

The goal is to help participants learn and gain knowledge of limits, stability and reflection of one’s self—Ádaa háąh hasin; to understand that kinship is stability—K’é bee siihasin; to learn and practice reflection—Siihasin; and to learn and gain knowledge of the Path of the Sun environment—Chahałtheeł.

Conference registration is available by accessing the conference registration form at [www.wihcc.com](http://www.wihcc.com). Registration will begin at 7:30 a.m. on the days of the conference and the conference will begin at 8 a.m. and end at 3 p.m.

For more information, contact the Health Promotion/Disease Prevention Program at 928-289-6164.

###

Winslow Indian Health Care Center (WIHCC) is a Tribal P.L. 93-638 program located in northcentral Arizona along Interstate 40 in Winslow, Arizona. WIHCC serves the healthcare needs of the Native American population in the southwestern portion of the Navajo Nation, which includes the communities of Dilcon, Leupp, Tolani Lake, Teesto, Birdsprings, Indian Wells, Jeddito, Whitecone, Twin Arrows, Winslow, Joseph City and Holbrook. For more information about WIHCC, access their website at [www.wihcc.com](http://www.wihcc.com).