

Registration

Early bird registration by
April 29th = \$100.00*

(Registration after April
29th = \$150.00)

Includes 3 lunches, all
snacks & refreshments, and
one dinner

To register and for more
information contact

Judi Jacobs

judi@ksdpp.org

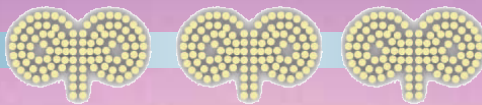
Or

Alex McComber at

otsehtokon@yahoo.com

Or call

(450) 635-4374



This KSDPP

Community

Mobilization

*Training is being
held with support*

from

Quebec en Forme

*Registration fee
waived for Quebec

First Nations

participants

Kahnawake Schools

Diabetes

Prevention Project

P.O. Box 989

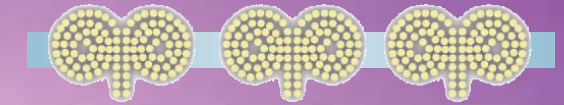
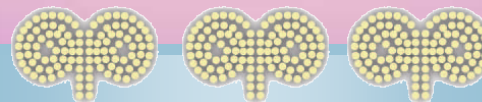
Kahnawake Mohawk

Territory (via Quebec)

J0L1B0

Telephone

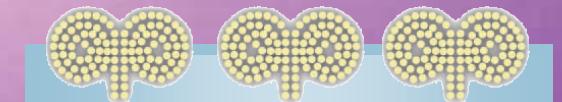
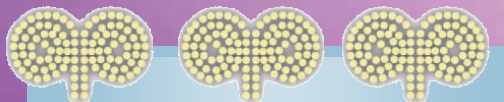
(450) 635-4374



COMMUNITY MOBILISATION



Healthy Lifestyles
& Diabetes
Prevention





What is Community Mobilisation Training?

The Community Mobilization for Healthy Lifestyles & Diabetes Prevention Training shares the successful experiences of the Kahnawake Schools Diabetes Prevention Project health promotion model with organizations and individuals working with Indigenous communities. This workshop provides information & skills, facilitates discussion and engages participants to plan healthy lifestyles community actions.

Upon completion of the Community Mobilisation Training participants will;

1. Understand the theoretical background for successful healthy lifestyles programming.
2. Learn how to develop a shared community vision for healthy lifestyles.
3. Understand about teamwork, building community coalitions & working with volunteers.
4. Learn environmental scanning to identify goals & objectives for healthy lifestyles programming.
5. Learn intervention activity planning, community calendars, and evaluation.
6. Learn about public relations and develop an information dissemination program.
7. Learn about public relations and develop an information

Travel & Accommodations

Kahnawake Territory is located near Montreal, Quebec with easy access to Trudeau International Airport and Via Rail trains (Dorval and Montreal)

Accommodations available in Kahnawake (book early) at nearby **Riverside Inn Bed and Breakfast** (downtown Kahnawake) 450-632-6228 (\$80 - \$100)

The Host Hotel

(4 kilometers away from downtown Kahnawake) 450-632- 4678 (\$100) <http://www.canpages.ca/page/QC/kahnawake/host-hotel/100478556> (\$89 - \$109)

Good Night Bed & Breakfast

(Kahnawake) 514-756-1934 (\$99) The Rustik Motel, Chateauguay (6 kilometers) 450-691-3100 <http://motelrustik.ca/index.html>

Other hotels are located near the airport or downtown Montreal.