



JUNE is Men's Health Month >>>>

Throughout June, Men's Health Month aims to encourage boys and men to take charge of their overall health by implementing healthy living decisions. In general, men in the U.S. are expected to live nearly six years less than women, and non-Hispanic Black and American Indian/Alaska Native men have a lower life expectancy than non-Hispanic white men.

Many diseases that disproportionately impact men, like heart disease and cancer, are preventable through regular doctor's visits and healthy lifestyle choices.

One survey found that 63 percent of men of color report not getting regular health screenings. Men are also more likely to have lower health literacy levels than women, meaning they may struggle to find, understand, and use information and services required to make informed decisions about their health. In 2021, American Indian/Alaska Native men had a 47 percent higher incidence of death than non-Hispanic white men; Black men had a 26 percent higher incidence of death.

Celebrate Men's Health Week June 12 – 18 and Wear Blue Day on June 16 to raise awareness about male health and encourage men to live longer and healthier lives.

<https://minorityhealth.hhs.gov/mens-health/>
https://urldefense.com/v3/https://www.uspm.com/celebrate-mens-health-month/;!!KXH1hvEXyw!dRAQOB-1bZrud0AshxKzUxJ74HDXfQJ_4KdaPWwuInjh1K-WHeR21FIWVIdXxar6fq3pHLkbuuffptc-iitPsE50EgoFAS



Men's Health Month Social Media Toolkit

[https://urldefense.com/v3/http://www.menshealthmonth.org/wp-content/uploads/2018/05/Mens-Health-Month-2018-Toolkit.pdf;!!KXH1hvEXyw!dhwi4E6M5sjxUJrN6KCWyfnbwZKDzYxe-UKW_MSpMQeKxc6kyT_c9CHM-SjyzMuVEXPCyE-6MAAobtXFCH2_UDIX-Wnfs\\$](https://urldefense.com/v3/http://www.menshealthmonth.org/wp-content/uploads/2018/05/Mens-Health-Month-2018-Toolkit.pdf;!!KXH1hvEXyw!dhwi4E6M5sjxUJrN6KCWyfnbwZKDzYxe-UKW_MSpMQeKxc6kyT_c9CHM-SjyzMuVEXPCyE-6MAAobtXFCH2_UDIX-Wnfs$)

Things to Do – Men's Health Month

[https://urldefense.com/v3/https://menshealthmonth.org/thingstodo;!!KXH1hvEXyw!al3z60hVrs1ZaFCTQ1F-cImPewNNeSKDV0lcbB1KNiHgYZnoU5PtYx79RQ-jxaH8P4H40fg4XZxgslL7wp-CzAu8zokc8\\$](https://urldefense.com/v3/https://menshealthmonth.org/thingstodo;!!KXH1hvEXyw!al3z60hVrs1ZaFCTQ1F-cImPewNNeSKDV0lcbB1KNiHgYZnoU5PtYx79RQ-jxaH8P4H40fg4XZxgslL7wp-CzAu8zokc8$)

Men's Health Month

<https://minorityhealth.hhs.gov/mens-health/>

June is Men's Health Month

<https://menshealthmonth.org/mens-health-month-toolkit>



Tse'ii'ahi/Standing Rock Chapter Trail Walkability workshop >>>>

Sheldon Benally and Robert Esquibel

HP—HP team members, Sheldon Benally and Robert Esquibel visited the Standing Rock Chapter House on May 4, 2023, to provide a quick update on the Healthy Places—Healthy People trails project. In follow up to the June 2022 CLUPC meeting where a mapping workshop was conducted.

During the May 4, 2023 CLUPC meeting, there was discussion about the location of the trail. The CLUPC group would like to build several trails in the community. Velvet Kalleco (chair-woman of CLUPC) stated that it would make sense to begin a trail around the chapter house tract. Chapter president Johnny Johnson added that the chapter house would like to eventually build a small gym for the community. CLUPC President, Ben Cowboy asked about the walkability assessment report and if it would show recommendations and suggestions on how to build a trail. It was decided that a walkability assessment around the chapter house tract was needed first. Danny Henry, who is the chapter house maintenance person was appointed to guide the process.

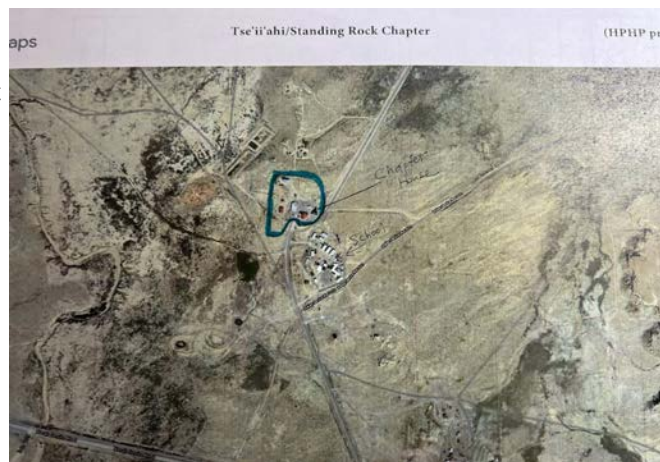
Mr. Henry guided the walk along the chapter house tract. He stated that the chapter will be conducting a new survey to determine the exact area of chapter house land ownership. The distance of the entire tract is approximately .5 mile. The surfacing is smooth dirt, but some areas are rocky in the north-west portion of the tract. Mr. Henry mentioned that the chapter house owned some heavy equipment such as a Bobcat that could be used to blade the area around the chapter house for a trail. Inside the chapter house tract, there is a senior center, a huge storage building, a hogan, and a new Head-start building which is in the final stages of being completed.

The Tse'ii'ahi' Community School (Bureau of Indian Education) is next to the chapter house which serves K-4. The school used one of the dirt roads for practice. They had a very successful cross country team last year. There are

areas where signs and benches could be helpful on the trail. The potential trail may cross a paved road that goes into the chapter house parking lot.

Danny mentioned that sometimes people will speed into the parking lot area. More speed limit signs could also be installed. A "Watch for Walkers/Pedestrians" sign would be beneficial. Other questions about liability issues were brought up. Putting signs up that read, "Walk at your own risk", or "Watch your surroundings", could be used. During our walkability assessment, no prairie dog or gopher holes along the tract fence were seen. There was very little trash along the potential trail area. One concern is vandalism to the trail. Some of

the CLUPC members mentioned that if the trail is near the chapter house, there might be less vandalism. Some wild grass and greasewood (*diwozhii*) plants were located along the chapter house tract. Traditionally the plant stems were used as stirring sticks. Near the northwestern corner of the tract, behind the blue storage building, there is an area that is elevated, which may be an erosion concern during rainstorms. There could be potential snakes in the area. Along the proposed trail, southwest of the chapter house, there is a water tower for livestock.



During the walkability assessment a truck pulled up to the tower to fill up a container with water for their animals. The water is not intended for human consumption. From the water tower, there is a small ditch where some of the water leaks onto the ground. The water flows over the proposed trail area onto a dirt

road that heads toward the blue storage building on the northwestern part of the chapter tract. It was proposed that a culvert might help with preventing the water from going over the trail. The road was muddy from the water coming off the water tower. The proposed walking trail area is

Continued from Page 2

within the chapter house tract meaning that belongs to the chapter. There were no animals within the chapter house area. There is no lighting along the proposed trail area. A possible solution would be to install some solar lighting. There is connectivity on this proposed trail area because the senior center, the new Headstart, and the Tse'ii'ahi' Community School which are all next to the chapter house. When built, everyone within the vicinity will be able to utilize to increase their physical activity. This proposed trail can be sustained with consistent blading using the heavy equipment machinery. Since the school is nearby, possibly getting the students involved in some creative ways would be another great idea.

Signs can also be purchased from FastSigns in Farmington which could also beautify the trails and relate important information on safety. We had a couple of community residents provide input about possible exercise stations along the trail, which is a great idea.

Present at the meeting was the senior citizen center cook, Laverne Silago and the local senior advisory council president, Ms. Felda Yazzie, who are in support of the trail. Laverne and Felda both expressed that a walking trail is needed for the elders, they mentioned that there is only one exercise machine in the senior center, which needs improvement and repairs. The senior center was having Mother's Day festivities on this day. They were eating a healthy lunch. Some of the seniors were playing a fun and exciting game of Bingo! They had awesome prizes for the winners.



Tse'ii'ahi Community School



HP-HP team and community member conducted the Tse'ii'ahi/Standing Rock walkability assessment



Becenti Chapter Just Move It Event >>>> Sheldon Benally

The Becenti community hosted “Just Move It”, sponsored by the Crownpoint Indian Health Service Unit, on Thursday, June 29, 2023. The **Tloo’di’tsin Trail** was created last year by the chapter officials and CLUPC members.

This was the first time that the trail was used for the “Just Move It” event. Rethania Yazzie from the Crownpoint I.H.S. service unit coordinated the Just Move It events this year.



Before the fun walk and run began, stretching exercises were conducted with all the participants in the chapter parking lot.

A 2023 “Just Move It” t-shirt were given to participants at the conclusion of their walk or run. According to Charmayne Hosteen, Becenti chapter community services coordinator, a total of 103 participants registered.



The course measures about two miles in distance. I.H.S. employees registered participants and had participants fill out a small survey about diet and physical activity, and handed out racing bibs to each participant.

The community enjoyed their walk and run, as there were people smiling, giving high fives to one another, and happy that Just Move It returned after the Covid-19 pandemic halted this event for a couple years. There were several vendors who were also set up in the chapter passing out information. Along the course, there were about four water stations which aided the participants in the hot weather.



The Becenti chapter provided fresh fruits and water to all the participants



Well done! to Becenti community and to all who made this happen!

Working in Garden can Improve Mental Health >>>>

By Nancy Clanton

THE ATLANTA JOURNAL CONSTITUTION
(TNS) June 12, 2023

“The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just on the body, but the soul.” — Alfred Austin

The 19th century poet laureate was on to something, according to 21st century studies. Working in the garden — or just playing in the dirt — might just ease your depression and otherwise improve your mental health.

One study, from the University of Colorado, Boulder, and funded by the American Cancer Society, found those who participated in community gardening not only ate more fiber and got more exercise, but also saw significant reduction in their stress levels.

“These findings provide concrete evidence that community gardening could play an important role in preventing cancer, chronic diseases and mental health disorders,” senior author Jill Litt, a professor in the Department of Environmental Studies at CU Boulder, told Neuroscience News.

For the study, Litt recruited nearly 300 adults who don’t normally garden. Half were put in a community garden group, and half were a control group asked to wait a year before planting.

The gardening group was given a community garden plot, some seeds and seedlings, and a course on gardening con-

ducted by Denver Urban Gardens.

Both groups kept track of their nutrition, mental health and body measurement, and wore activity monitors.

In addition to an increase in fiber consumption and physical activity, the gardening group also saw lower stress and anxiety levels.

“Putting your hands in the soil releases ‘feel good’ chemicals in the brain and grounds the nervous system,” Hannah Brents, LICSW, of Safe Talk Therapy in Boston, told Psycom. Studies on mice have found healthy bacteria that live in the soil increase serotonin levels and reduce anxiety.

ExploreThe watery ways nurses can reduce pain and improve fitness

A University of Florida study, meanwhile, found that gardening lowered depression, stress and anxiety in healthy women.

“Past studies have shown that gardening can help improve the mental health of people who have existing medical conditions or challenges. Our study shows that healthy people can also experience a boost in mental well-being through gardening,” Charles Guy, the principal investigator on the study and a professor emeritus in the UF/IFAS Environmental Horticulture Department, explained to Psycom.

Webinars >>>>

Join the U.S. Department of Health and Human Services (HHS) Office of Disease Prevention and Health Promotion (ODPHP), the Association of State and Territorial Health Officials (ASTHO), and the National Association of County and City Health Officials (NACCHO) on July 19 from 3 to 4 p.m. ET for a discussion with state and local health departments about what works to get older adults moving. This webinar will provide an introduction to the Physical Activity Guidelines for Americans Midcourse Report: Implementation Strategies for Older Adults and summarize key strategies to increase physical activity among older adults. Additionally, Washington State Health Department and Florida Department of Health Hillsborough County will share details on their efforts to promote physical activity and healthy aging.
<https://health.gov/news/202306/join-us-webinar-increasing-physical-activity-among-older-adults>

Join the Physical Activity Alliance alongside speakers from HHS, Tivity Health, and AARP Livable Communities on July 13 from 1 to 2 p.m. ET for a webinar breaking down the key findings from the NEW! Physical Activity Guidelines Midcourse Report: Implementation Strategies for Older Adults, and how we can work together to create physical activity opportunities for older adults across the US!
https://heart.zoom.us/webinar/register/WN_ITvi5staR4KVGZ3y5UI3Q#/registration

Theresa Clay, M.S.
Health Promotion Disease Prevention
Indian Health Service, Albuquerque Area Office
<http://www.ihs.gov/HPDP>
<https://www.ihs.gov/newsroom/>

PROTECTING TRIBAL COMMUNITIES
EVERY PATIENT. EVERY ENCOUNTER. EVERY RECOMMENDED VACCINE.



Crownpoint Division of Aging and Long Term Care Services Presentation >>>> Sheldon Benally, Marla Pardilla and Elverna Bennett

The Healthy Places—Healthy People Trails project staff presented at the monthly staff meeting of the Eastern Navajo Agency Division of Aging and Long Term Care Services (DALTCS) on Wednesday, May 31, 2023. We were invited by Mr. Shawn Jim, who is currently delegated as the Program Supervisor II for the Eastern Agency Senior Centers. The intent was to inform the senior centers that the UNM Prevention Research Center is currently applying for a new 5 year grant that would include working with Navajo seniors and youth program. We wanted to see if there was interest from the group and gain their support for this project. Our focus is to increase access for seniors to be physically active by participating in walking trails. We presented on the importance of how being physically active can reduce mental and brain health issues. We emphasized that research has shown that being physically active can prevent and reduce conditions such as depression, diabetes, hypertension, cancer, obesity, etc. There was a good turnout for this meeting. Over 20 people signed in on our sign-in sheet. We also asked the staff members about what is needed when working with elders.

What do our elders need? How do they communicate with the seniors? What is the best way to communicate with the seniors? The best communication advice came from some employees, to speak in Navajo to the elders. We need to focus on their attention and speak directly to them, loud and clear. Employees also mentioned that there are currently no physical activity programs that are being incorporated into the senior centers. One staff member mentioned, “It’s up to us as staff members to empower and motivate our elders. We must be willing to move around and create things for them to do. We have to be the ones to make this happen, as employees.”

The new grant required support from 11 eastern agency Navajo communities. There were many other DALTCS employees from other communities at this meeting. Some people were interested in supporting our project that were not part of the 11 communities that we had invited. Marla and Elverna asked for letters of support from the 11 communities and answered some questions at this meeting. We received 9 letters of support.

We were asked to join the staff for a cookout luncheon, we enjoyed a nice lunch. During lunch, staff was able to chat with the group. We learned that the senior centers are all at different stages of program and operation. Some senior centers are closed due to different reasons. Crownpoint senior center is closed due to their building not passing some OEH standards (environmental health). Some senior centers have not reopened since the Covid-19 pandemic. They are working hard to reopen them. Some senior centers have received new vehicles this year to transport their clients. Staffing also seem to be a concern in some senior centers. There is a need to increase staff and to fill some positions.



2023 Eastern Agency Senior centers' meeting



Eastern Navajo Agency Division of Aging & Long Term Care Services (DALTCS) meeting

How to Protect Your Skin from the Sun >>>>

Shade

You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.



Clothing

When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing is certified under international standards as offering UV protection.

Hat

For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen, or staying in the shade.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and



UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.



Sunscreen

Put on broad spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options. Sunscreen is not recommended for babies who are 6 months old or younger. The U.S. Food and Drug Administration recommends keeping infants out of the sun during midday and using protective clothing if they have to be in the sun.

SPF. Sunscreens are assigned a sun protection factor (SPF), which is a number that rates how well they filter out UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF of 15 or higher.



Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.

Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.

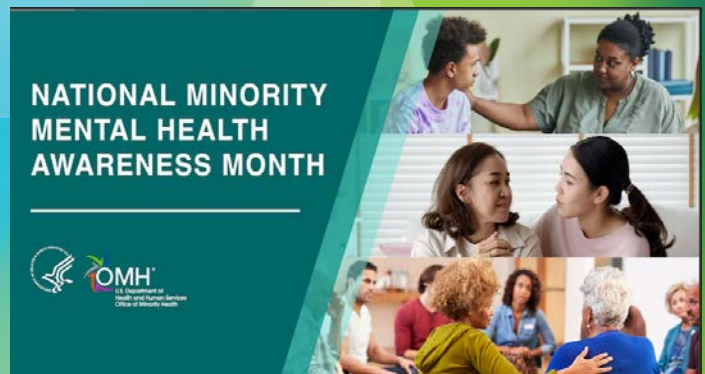
https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm#print

JULY is Minority Mental Health Month >>>>

“National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States.”

<https://www.chcw.org/july-is-minority-mental-health-month/#:~:text=National%20Minority%20Mental%20Health%20Awareness,illness%20in%20the%20United%20States>

<https://minorityhealth.hhs.gov/minority-mental-health/index.html>



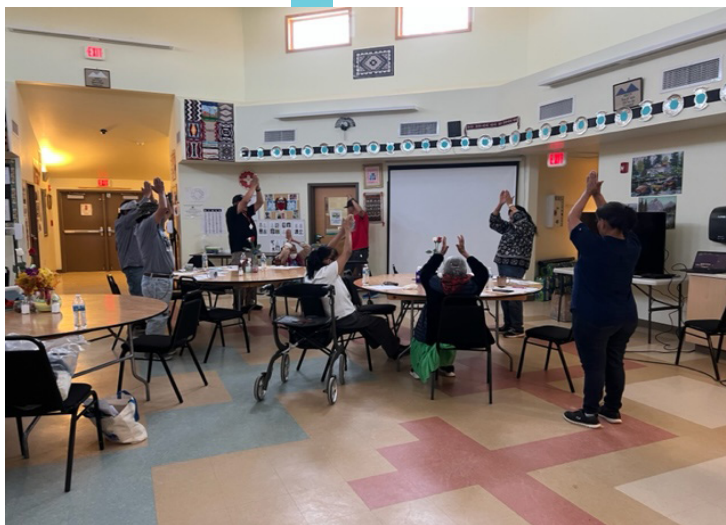
Torreon Senior Center visit on May 26, 2023 >>>> Sheldon Benally, Robert Esquibel, Marla Pardilla and Elverna Bennett

The HP—HP team from the UNM PRC (Sheldon, Robert, Elverna, Marla joined by volunteer Dr. Richard Kozoll) visited the Torreon Senior Center on May 26, 2023, by invitation from the delegated Senior Center supervisor, Earl Trujillo. The meeting started with brief introductions, then Sheldon spoke about the Healthy Places—Healthy People trails building project with the 10 chapters in the Eastern Navajo Agency. He discussed the mission, goals, and objectives. He briefly described the work that has been done so far with the 10 chapters. Marla and Elverna introduced some light body exercises with the seniors. Everyone participated in the body stretches and shrugs to loosen up. The exercise instructions, which were taken from the PRC PAK were left with the supervisor. He said he would make it available to everyone to use.

To make the meeting more enjoyable, the team sponsored a raffle for those who were in attendance. Awarded were caps, bags, stuff animals, lanyards, and water bottles, and people enjoyed their gifts. Dr. Kozoll spoke about his involvement with trail building dating back several decades in the Cuba area, and how some of the trails were built successfully. He showed slides of trails that he was involved in planning, developing, and implementing. He spoke about the benefits of walking, especially how being physically active can help in pumping blood to the heart and how it can slow down the aging body overall, thus making a person healthier. Everyone listened attentively, and clapped when the presentation was completed.

Sheldon, Dr. Kozoll, Robert, and Earl Trujillo did a walkability assessment on land near the senior center where a proposed trail could go. There is a nice spot just east of the senior center for a 0.45 mile trail. The spot is near some sandstone cliffs which provides a good base. The vegetation can be cleared out, and a trail can be established using basic hand tools. The area has some nice spots for benches and overlooks with scenic views that could be easily accessible by the seniors. Putting up directional signs or motivational signs could really make the trail more inviting and usable. Earl Trujillo had mentioned that there was a trail going from the Chapter House to the senior center, but that it needed to be improved. Our assessment was that a very short trail leading from

the senior center to an overlook spot next to the cliff would be a great spot to start. It could be used by the seniors and has a scenic view. We did notice that a trail could continue down into the valley toward the Chapter House, but this could be a little too extreme for the elders. The grade is a little steep. It could work for the younger people.



Light body exercises with the Torreon seniors

the senior center to an overlook spot next to the cliff would be a great spot to start. It could be used by the seniors and has a scenic view. We did notice that a trail could continue down into the valley toward the Chapter House, but this could be a little too extreme for the elders. The grade is a little steep. It could work for the younger people.



Pictured: Dr. Kozoll, Earl Trujillo and Robert Esquibel during a HP-HP meeting



Proposed Walking trail located east of Torreon Senior Center

Research in Action



Success Stories



Issue Briefs



Impact Stories

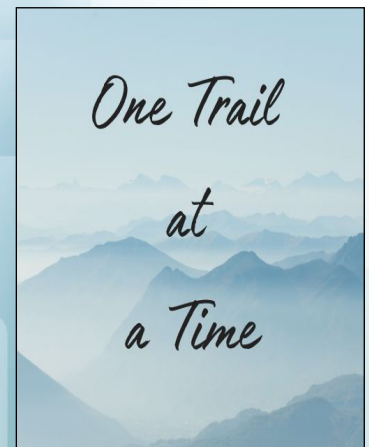


NACDD Snapshots



- Check out the latest success stories and research highlights from the #PRCnetwork. www.cdc.gov/prc/RIA
- Read about #PRCnetwork research in action through success stories, briefs, and more! www.cdc.gov/prc/RIA
- Learn how PRCs work with partners and their communities to improve health from the latest #PRCnetwork stories and briefs. www.cdc.gov/prc/RIA

<https://www.cdc.gov/prc/research-in-action/index.html>



NMPHA conference HP—HP presentation >>>>

On May 19th, the Healthy Places—Healthy People team presented a learning session at the 2023 New Mexico Public Health Association’s annual conference: Connect, Heal, Transform. The 45-minute presentation allowed the HP—HP team to share its experience working with ten Chapters of the Eastern Navajo Agency to develop a toolkit which provides information on how to create and/or improve walking trails to increase physical activity in rural communities.

The presentation was a great opportunity for the HP—HP team to show the current progress of the project throughout the different Chapters, while providing information on the upcoming toolkit currently in development. The NMPHA holds this big public health conference every year; it boasts a large number of attendees, and the presentation by the HP—HP team was well received. The HP—HP presenters were Dr. Sally Davis, Dr. Julia Hess and staff, Elverna Bennett, Sheldon Benally and Marla Pardilla.



2023 NMPHA Annual Conference, CONNECT, HEAL, TRANSFORM May 18-19
[Please visit our 2023 Annual Conference Page for the FULL graphic recording.](#)

Upcoming Events >>>>

Becenti Chapter
Community Land Use Planning Committee
PRESENTS
T'loo'di'tsin Walking Trail Event
 which includes a walk on
 the trail and a Health Fair.
JULY 13, 2023
1:00 PM
BECENTI, NM



See you there! Refreshments Available *join us!*
SET UP A BOOTH

For more information, call Becenti Chapter House at (505) 786-2283.
 Not responsible for any stolen items, accident or any injuries before, during and after the event.

Huerfano Community Presents:
Hanaa'dli Rez Classic
SHOOTOUT
 Open Men's & Co-Ed Basketball Tournament

SATURDAY July 29th
Men's Tourney

SUNDAY July 30th
Co-Ed Tourney

10 Team Bracket
Double Elimination
\$30 Per Player

Admission & Concession Available!

Championship - Pullovers
2nd-3rd Place, MVP, All Tourney Awards!
MVP- FAT SHEEP (Men's Tourney Only)

Hanaa'dli Youth Center
 538 CR 7150, Bloomfield NM 87413
 For Registration Call/Text 505-402-9721

University of New Mexico
 Prevention Research Center
 Phone: 505-272-4462
 Emails:
 Sdavis@salud.unm.edu
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CROWNPOINT SERVICE UNIT
2023 SCHEDULE

JUST MOVE IT
 T'ÁÁ HVÓ' AJÍ T'ÉEGO



Being physically active daily can help you stay healthy and prevent diabetes and heart disease. You can do something about your health. It's UP TO YOU (T'áá Hvó' Ají T'éego) - Only YOU can make a difference. The Just Move It fun run and walks are held in 16 local communities throughout the summer. The events are open to everyone of all ages.

DATE	LOCATION	REGISTRATION TIME	WALK TIME
06/20/2023	Counselor Chapter	3:00 PM	4:00 PM
06/29/2023	Becenti Chapter	5:30 PM	6:30 PM
07/11/2023	Standing Rock Chapter	5:00 PM	6:00 PM
07/12/2023	Torreon Chapter	4:00 PM	5:00 PM
07/13/2023	Baca Chapter	10:00 AM	11:00 AM
07/18/2023	Whiterock Chapter	5:00 PM	6:00 PM
07/19/2023	Crownpoint Chapter	5:00 PM	6:00 PM
07/20/2023	Casamero Lake Chapter	5:00 PM	6:00 PM
07/21/2023	Ojo Encino Chapter	9:00 AM	10:00 AM
07/25/2023	Mariano Lake Chapter	5:00 PM	6:00 PM
07/26/2023	Thoreau Chapter	5:00 PM	6:00 PM
07/27/2023	Lake Valley Chapter	9:00 AM	10:00 AM
08/02/2023	Whitehorse Lake Chapter	5:00 PM	6:00 PM
08/07/2023	Smith Lake Chapter	5:00 PM	6:00 PM
08/09/2023	Nahodishgish Chapter	5:00 PM	6:00 PM
09/06/2023	Pueblo Pintado Chapter	10:00 AM	11:00 AM
09/07/2023	Diné Youth - Crownpoint	5:00 PM	6:00 PM

For more information, contact the Crownpoint Division of Public Health at 505-786-6240. Registration will be on-site at each event. Please dress comfortably with good walking/running shoes and wear sunscreen, a hat/cap and bring water. Special Thanks to each Chapter as they will be coordinating and hosting their own JMI event.

COACH NIM RICE MEMORIAL RUN
 DINE WOMEN (EM) POWER WALK
 NAABECHO SAANII BINAHJI HOZHÓ DÓO SIIHASIN

20 5K/10K **23** WALK

SHIMÁSÁNÍ
SHINÁLÍ
SHIMÁ
SHI

IN ME IS STRENGTH & BEAUTY
BEFORE, BEHIND, ABOVE & WITHIN

Naabechó saanii binahji hózhó dóo siihasin

55th ANNUAL EASTERN NAVAJO FAIR
 Navajo Women humbly express joy, humility, and hope.

STARTS WITH THE EAST
EVENT SCHEDULE
MON-SUN JULY 17-23

45th Annual Eastern Navajo Fair
July 17-23, 2023, Crownpoint, NM
Representing 31 Chapters of Eastern Navajo Agency
Homepage: www.easternnavajofair.com
Email: info@easternnavajofair.com

