



Alaska Wisdom Warriors 2018

What if there was an *evidence based program* specific to Native Americans/Alaska Natives that helped tribal members deal with many problems/symptoms of chronic diseases like *Diabetes, Asthma, Depression, COPD, Arthritis, Chronic Pain, Heart Disease* and many more?

Wisdom Warriors is that program! Wisdom Warriors teaches simple, but highly effective, tools for symptom management, and the outcomes have been life changing for many of the participants.

Wisdom Warriors is a Alaska Native/Native American program designed to utilize the tools learned in a 6 week class (2.5 hr @ week) called *Chronic Disease Self-Management Education (CDSME)* and includes *traditional foods, cultural activities and healthy tribal traditions, with community and peer support!*

CDSME is an *evidence based* program created by *Stanford University* and has proven to be very effective in empowering people by giving them the tools to manage the many symptoms of chronic diseases.



Become a **Wisdom Warrior**
Facilitator with free training in 2018!
Venue and **Date TBD**

- Two trainers from each village needed
- NO experience necessary
- ANYONE can teach
- Change lives, including your own
- Empower others to make good choices
- Save valuable clinic money
- Most importantly....Save lives!