

BCBH-SD workshops

provide a proven framework and curriculum, but workshop leaders and participants can choose the format and the skills or activities the group feels will best help them be healthier.

Here are a few personal reflections from some who have attended our workshops:

Steve

DIABETES WORKSHOP

"I lost a daughter to diabetes recently, so I share the diabetes information, like the plate method. I am so impressed with the program and the book. I have shared with community members too."

Dawn

CANCER WORKSHOP

"Five-week action plan: making a ribbon skirt for my niece's graduation."

Deanna

CANCER WORKSHOP

"I really enjoyed the class, it was very fun and very knowledgeable."

Real Results from Indian Country

80% of Diabetes workshop participants reported better quality of life.

80% reported they are encouraging healthy habits and sharing information with family and friends.

100% reported implementing learned skills:

MORE PHYSICAL ACTIVITY

FEELING LESS STRESS

BETTER MANAGEMENT OF DIABETES



goodandhealthysd.org/bcbh

Register for a workshop today!
1-888-484-3800



Come Together. WORKSHOPS

by BETTER CHOICES, better health®



Find Wicozani

In Native culture, health is defined as a balance of physical, mental, spiritual, and emotional aspects.



With respect and in partnership with tribal leaders and representatives statewide, Better Choices, Better Health® SD, SDSU Extension, Great Plains Tribal Chairmen's Health Board, and the South Dakota Department of Health encourage the use of cultural practices alongside BCBH-SD workshop curriculum. Incorporating culture can enhance the experience and improve results.



BCBH-SD workshops are FREE

and designed for adults living with chronic health conditions who want to:

- Better manage symptoms
- Improve quality of life
- Boost overall mood & health

Our small group sessions are available in-person and online and can help participants (and their caregivers) build confidence, find community, learn new skills, and positively address a wide range of health conditions including:

- Arthritis
- High blood pressure
- Cancer
- Depression/anxiety
- Diabetes
- Breathing problems
- Heart disease
- Weight concerns

Explore traditions & beliefs

Traditional and kinship practices are important aspects of Lakota/Dakota culture. These elements can weave together with the BCBH-SD workshop curriculum for a more robust and satisfying learning experience.

Each BCBH-SD workshop group can customize the activities that speak to them. Some ideas to consider include:

Location

- Choose a **traditional** or **historical site** for workshops
- Make sure the site is **azilya friendly** for sage or sweetgrass
- Make sure the room is large enough to accommodate **prayer** or **learning circles**

Supplies

- Make **traditional gifts** available or consider incorporating crafting, beading or creating artwork before, during, or after the workshop
- Prepare or supply **traditional foods**



Blessings & Prayer

Incorporate traditional blessings such as:

- **Smudging**—Burning sage/sweetgrass, pulling the smoke over you as you pray
- **Čaŋnuŋpa**—Prayer with traditional pipe and tobacco practices including čaŋsāsā'
- Use **traditional** names



Activities

Traditional language introductions and greetings include answers to questions like: *Where are you from? Who is your Family? What tribe are you from? Or the meaning of your name.* These can be spoken or written on cards.

Mind/body connection/distraction—use a traditional activity, like the rock and fist game, for distraction before, during, or after the workshop. Use a plum or chokecherry for mind/body connection.

Action planning can be introduced by encouraging cultural activities such as researching your lineage or chief, learning a new traditional phrase, prayer, song, game, or activity. These can be incorporated into the workshop itself or as challenge done outside of the sessions and reported back to the group.

Physical activity—learning or rekindling your connection to traditional exercise such as dance, traditional lacrosse, double ball, horseback riding, hunting, harvesting, canoeing, or archery can improve physical and emotional health and help keep you balanced.

Good night's sleep—At the end of the workshop, drink hot soup or tea to help with sleep. Listen to flute music, traditional song, or sing a prayer song.

Choose your workshop & register today!

SELF-MANAGEMENT EDUCATION

Chronic Conditions

Designed to help adults manage their health and improve their quality of life

Diabetes

For adults with pre-diabetes, type-2 diabetes, a family history of diabetes

Pain

For adults living with everyday pain that impacts daily living

Cancer

For adults living with a cancer diagnosis, newly diagnosed, in recovery or remission

PHYSICAL ACTIVITY

Walk With Ease

A community-based walking program designed to encourage participants to maintain a successful walking program. Workshops include health education, stretching, and group or self-guided walking.

Fit & Strong!

A community-led, evidence-based, fall prevention program designed to help participants exercise safely, improve daily function, and manage joint pain and stiffness. Workshops include a multi-component approach, with flexibility, strength training, aerobics, health education, and group discussions.