

NATIVE YOUTH PROGRAM NEWSLETTER

PITU.GOV | 435.586.1112 | 440 N. PAIUTE DRIVE



Native Youth Performers

I want to take a moment to express my deepest gratitude to all the Native youth performers who have shown up to dance, sing, and share their voices with our community. Your willingness to step forward when called upon has brought healing to many. I can't tell you how often I hear from spectators who feel uplifted and inspired by your performances.

I also want to extend my heartfelt thanks to the parents, guardians, and relatives who support and encourage our youth. Your dedication in getting them to performances and helping them prepare makes all the difference. Without your support, this journey would be much more challenging.

Thank you all for being such an essential part of our Native Youth team!

Upcoming Events

Monthly Theme:
Flute and Movement

- **Oct. 10:** Communicable disease presentation in Richfield (see page 2)
- **Oct. 16:** Title VI – Rattles at Coral Cliffs Elementary, 6–8 p.m.
- **Oct 28:** Trunk or Treat at FourPoints Health Cedar City clinic, 6:30–8:30 p.m.
- **Oct 31:** Halloween

See full calendar of events at
PITU.gov/Native-Youth/

Flute and Movement

This month, our theme is Flute and Movement! We're excited to dive back into our flute circle practice sessions, along with a variety of activities centered around movement.

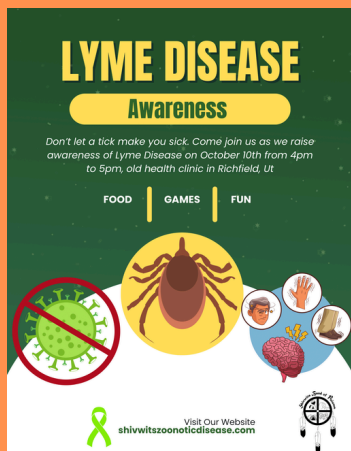
Movement can truly be medicine, as it not only enhances our spiritual well-being but also offers numerous other benefits, including:

- Preventing health issues like diabetes, obesity, and heart disease
- Improving fitness and sports performance
- Enhancing brain function and academic performance
- Promoting positive mental health

Join us as we embrace the power of movement and celebrate our good spirits together!

Native American Youth Fitness Leaders

The Native Youth Program Department had the exciting opportunity to attend the Native Youth Fitness Leader Training in Lincoln, Nebraska. This enriching experience provided us with training in a variety of youth activities that incorporated cultural elements, traditional games, and essential skills for effectively engaging with young people. Our team is now better equipped to foster healthy, active lifestyles among Native youth while celebrating our cultural heritage. Be on the lookout for pictures on our Facebook.



ZDI Presentation

The Shivwits ZDI program and the Native Youth Program will be collaborating on a presentation focused on zoonotic diseases at the old Richfield clinic on Oct. 10 from 4-5 p.m. The presentation will cover a range of topics, including the identification of common insect-borne diseases, symptoms to watch for, and practical steps to minimize your risk of infection.



Trunk or Treat – Cedar City

The Native Youth Program and PITU Education Department will be teaming up on a trunk for the annual Trunk or Treat on Oct. 28 at the FourPoints Health clinic. Please stop by, say hello, and show us your spooktacular costumes!

Registration

Please ensure that all Native youth are registered, as it is required for participation in the activities. Visit our website at <https://PITU.gov/native-youth> or use the QR code to register.

