



## **KAHNAWAKE SCHOOLS DIABETES PREVENTION PROJECT**

**Presents**

# **“Healthy Mind in a Healthy Body” Workshops**

**Starting: September 14<sup>th</sup> to October 19<sup>th</sup>**

**The workshops features knowledgeable presenters that cover a series of  
Whole Health Approaches to Diabetes Prevention and Management**

**Workshop Presenters:**

**Dawn Montour Lazare** - Registered Nurse  
Education on Diabetes Prevention & Management

**Geraldine Sky** - Personal Trainer  
Physical Fitness Education & Exercises

**Treena Delormier** – Nutritionist  
Education on Nutrition and Healthy Eating

**Lee Scott McComber** – Healing Science Practitioner  
Energetic Approach to Health and Wellbeing

**Geraldine Standup**, Medicine Woman  
Mind/Body/Spirit Connection to Health

**“WORKSHOPS ARE FREE OF CHARGE”**

**For more information and to register for workshops:  
call Elaine Delaronde @ KSDPP Tel: 450-635-4374**

Open to the public and mothers with pre-school children welcome:  
Child care workers will be available to take care of your children in a  
safe environment.

**Sponsored by:** *Aboriginal Diabetes Initiatives & Sahanatie Community Fund*  
**Partnership with:** *KSCS Family Center*