

Preventive Health for Native American  
Communities Documented Outcomes

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DECREASED HOSPITALIZATIONS

IMPROVED SELF REPORTED HEALTH

DECREASED DISABILITY

INCREASED ENERGY AND EXERCISE SUCCESS



You are  
invited to join  
**WISDOM WARRIORS**  
and start your path  
to better health, with  
the support of your  
community.



Tribal members for  
several different tribes have  
joined together to  
promote healthy lifestyles.  
These participants earned their  
medicine pouches and meet on a  
monthly basis to maintain their goals  
and support each other with  
health goals to keep them  
living strong.

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# WISDOM WARRIORS

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**CLASS LOCATIONS CAN VARY**

Please call or go to  
the Health Clinic website  
for more information.



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*A path to  
better health*

Becoming a  
**WISDOM WARRIOR**  
is easy

This program was developed by Stanford University Patient Education Center in 1991. Many tribes in the Pacific Northwest have seen success with this program for their tribal members. *See back panel.*



### THE FIRST STEP

Enroll in the Chronic Disease Self-Management Program offered by the Karen I. Fryberg Tulalip Health Clinic.

*These classes will primarily be at the Tulalip Fire Station in the conference room but class locations can vary depending on needs of the community and requests. See the Tulalip Health Clinic website for class schedules.*

### WHAT IS THE BENEFIT OF THIS PROGRAM?

- Brings people together with chronic illnesses in a community setting.
- Supports and encourages participants.
- Uses tools to teach day by day living with chronic diseases like diabetes, heart disease, arthritis etc.
- Celebrates accomplishments.

### HOW DO I EARN THE WISDOM WARRIOR POUCH?

When you complete the series of 6 classes we will have a ceremony honoring your accomplishment. It is then you will be given this special gift.

Each month after you have been given your pouch, you will be given a chance to continue to practice what you learned in the classes for healthy activities like eating well, exercising and participating in community events. You will be given beads you can add to your bag which will tell the story of your successes.

### WHO TEACHES?

Northwest Regional Council has oversight of the community leaders. The community leaders conduct the workshops after attending the training series.

### WHAT DOES THE SELF MANAGEMENT MODEL LOOK LIKE?

