

Preventive Health for Native American Elders

Wisdom Warriors is a health program developed for tribal community members of all ages. Wisdom Warriors programs are different in each community because they are developed by community members who help plan the health goals themselves.

Incentive awards encourage members to participate in health screenings, health education, and healthy living activities in order to continue the important teachings of the CDSMP classes.

For more information about Wisdom Warriors in your community please call:

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Our Tribal Partners:
Lummi Nation
Nooksack Tribe
Samish Nation
Sauk-Suiattle Tribe
Swinomish Nation
Upper Skagit Tribe
Tulalip Tribes
Colville Tribes
Chehalis Tribe
Muckleshoot Tribe
Nisqually Tribe
Squaxin Island Tribe
B.R.I.D.G.E
Yakama Tribe
Puyallup Nation

And many more!



Wisdom Warriors

Living Wise...

Living Strong

Benefits of Being a Wisdom Warrior

- ❖ Healthy Choices
- ❖ Health Education
- ❖ Community & Peer Support
- ❖ Tribal Incentives
- ❖ Monthly Gatherings
- ❖ Intergenerational Activities
- ❖ Spiritual & Physical Well Being
- ❖ Celebrations!



To become a Wisdom Warrior, first enroll in the Chronic Disease Self Management Program (CDSMP) class in your community. This class is free and is offered when a class has 8-10 people who wish to take it. Classes include teachings about managing your illness through self care, talking in a good way, and understanding how to take care of symptoms.

When you complete the class you will earn a Wisdom Warrior wellness pouch. Each month there will be a chance for you to continue to practice what you learned in the class and earn beads for healthy activities like eating well, exercising, and participating in community events. The beads you add to your bag will tell the story of your success!

