

NOWA CUMIG DENNIS BANKS REVERSING DIABETES



MAY 13TH, 2011

7:00 PM

EMU BALLROOM

**Students free with ID
\$5 Donation**

**All proceeds after expenses will
support the Longest Walk 3**



NowaCumig, Dennis Banks, Elder of the Anishinabe Nation, co-founder of the American Indian Movement, will talk at 7:00 pm in the EMU Ballroom on May 13, about The Longest Walk 3, and the prevalence of diabetes in Native American communities in his presentation, "National Indian Health Epidemic". He will also talk about the early days of the American Indian Movement, and his latest movie, *A Good Day to Die*, which is a documentary about the American Indian Movement.

Join us for the Diabetes Awareness Health Fair, also on May 13, 1:00-4:00, at the EMU Gumwood, Maple and Oak Rooms. Speakers, information tables and demonstrations from UO, Lane CC, local organizations and health providers, and Tribal health programs will give talks and offer information on diabetes awareness and prevention to students and the public. Talks will focus on health; exercise; prevention; diet; eating local foods; eating traditional foods; cooking and shopping and more. Also a diabetes screening and blood pressure clinic will be available.

"It is the intention of The Longest Walk 3 to set in motion a series of plans that will return us to a path long followed by our ancestors. A path of planting, growing, harvesting crops and eating healthy. This habit linked to the daily activity of walking, running and general exercise will close the door to Diabetes, Heart failure, Kidney failure and other related concerns. We will once again have demonstrated to the 7th generation that we insured their survival. That is the goal of the walk. It is a goal that is achievable. There is no other answer. Failure is not an option. We shall be victorious." -Dennis Banks

UO Health Fair on Diabetes Awareness and Prevention

1:00 PM - 4:00 PM

EMU Ballroom Lobby

Sponsors and Partners:

Associated Students of the University of Oregon • Lane Community College Division of Health Professions • Many Nations Long House • Native American Student Union • Northwest Indian Language Institute • Oregon Humanities Center • Office of Institutional Equity and Diversity • PeaceHealth • UO Health Center



For more information
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