



# INDIGENOUS JOURNEY TO DIABETES WELLNESS

WELLNESS. WISDOM. HEALING. NEW PATHS | NEW POSSIBILITIES  
STRENGTH IN TRADITION



Join us and learn from Tom Porter (Sakokwenionkwas), respected Mohawk Elder and spiritual leader of Kanatsiohareke. With decades of experience in community wellness, he co-founded the Akwesasne Freedom School and the White Roots of Peace to revitalize traditional teachings. As a lifelong advocate for traditional knowledge, language and the "good mind," he offers invaluable wisdom on reclaiming wellness.

Do not miss the opportunity to connect with this profound knowledge holder.



DAYS	DATES	TIMES
DAY 1	Thursday, April 30, 2026	1:00 p.m. to 4:45p.m. EDT
DAY 2	Friday, May 1, 2026	8:30 a.m. to 12:30 p.m. EDT

*KEYNOTE SPEAKER Mohawk elder and leader, Sakokwenionkwas, TOM PORTER—Bear Clan, Mohawk Nation, Akwesasne*

