

American Indian and Indigenous Health Alliance

By: Agnes Attakai



Haley Laughter

Since 2013 the American Indian and Indigenous Health Alliance (AIIHA) at The University of Arizona's Mel and Enid Zuckerman College of Public Health has hosted an annual Indigenous Day of Health.

This past year AIIHA hosted, "Celebrating Holistic Wellness" an Indigenous Day of Health, during Native American Heritage Month 2018 to raise awareness of health disparities and health equity issues in tribal communities. The featured activity was yoga with Hózhó Total Wellness. Hózhó Yoga is a Native American woman owned business, founded by Haley Laughter

(Navajo) in 2016 to fight obesity, diabetes, and to promote a healthy alternative form of exercise that cultivates self-confidence, awareness, and balance in today's society. Haley teaches classes, workshops and presentations on yoga, wellness and self-care, and healing from historical trauma through consciousness at her yoga studio Mother Nature and Conference Venues. Haley, also a founder of the Indigenous Yoga Instructors Association, offers live classes on Facebook and other social media platforms. Her goal is to create and foster more Indigenous yoga instructors to heal her people and the communities affected by historical trauma. According to Haley, "Yoga is medicine. It can create balance and awareness while healing the mind, body, and spirit." She is dedicated to shifting yoga culture to be inclusive and equitable for all, especially in Native communities by creating the Indigenous yoga movement. If you to want contact her about classes, email her at hozhototalwellness@gmail.com or call [\(505\) 879-0723](tel:5058790723).

Two years ago AIIHA's Indigenous Day of Health's theme was "Achieving Cultural Empowerment Through Health and Wellness." The featured guests were Chelsey Luger (Turtle Mountain Chippewa and Standing Rock Sioux) and Thosh Collins (On'k Akimel O'Odham) of Well For Culture, a grassroots initiative which aims to reclaim and revitalize Indigenous health and wellness. To find out more about Chelsey and Josh and the Well For Culture movement go to: <http://www.wellforculture.com/>



Chelsey Luger and Thosh Collins
Photo by: Thomas Karmelo Amaya

"We travel all around Native Country for our work as wellness trainers and advocates. We were especially impressed by the work and heart that went into The University of Arizona's Indigenous Day of Health, and it was an honor to be a part of it. The students who make up the American Indian and Indigenous Health Alliance are sure to be future leaders in all areas of health and wellness in Indigenous communities and beyond, and we really look forward to seeing the amazing things that they go on to do. It would be a wonderful, truly progressive thing if Native students at all college campuses hosted a similar event."

- Chelsey Luger



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Participants at AIIHA's 2017 Indigenous Day of Health with Well For Culture (seated left)
Photo by: Alejandro Higuera