

# LOVE

## YOUR MIND, BODY, SPIRIT, & HEART FEST

Maintaining balance of our mind, body, spirit,  
& heart is important for preventing  
heart disease & stroke.

- ♥ Blood Pressure
- ♥ CPR
- ♥ Blood Sugar
- ♥ 5 A's for Commercial Tobacco Cessation
- ♥ 988 Hotline & Mental Wellness
- ♥ Healthy Native Foods
- ♥ Ask a Farmer
- ♥ Group fitness
- ♥ And more!

**AUGUST 20, 2025**  
**8:30 AM TO 4:00 PM**

**ALBUQUERQUE CONVENTION CENTER**  
**401 2ND ST NW, ALBUQUERQUE, NM**

Love Your Mind, Body, Spirit, & Heart Fest is a healthy heart festival for Native people. Our purpose is to provide an opportunity for community health representatives & other tribal health workers to enhance their skills to prevent heart disease & stroke.

**REGISTER  
HERE:**



This event is being offered to Tribes, Pueblos, Bands, Nations and urban Indian organizations in the Indian Health Service Albuquerque Area. Limited lodging accommodations are available.



**NATIVE WELLNESS**  
For the LOVE of THE PEOPLE

