



## 23RD NAVAJO NATION COUNCIL OFFICE OF THE SPEAKER

### FOR IMMEDIATE RELEASE

April 12, 2016

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### Delegate Crotty participates in Youth Leadership Retreat

**GALLUP, N.M.** – Council Delegate Amber Kanazbah Crotty (Beclabito, Cove, Gad í'áhi/ Tókq'í, Red Valley, Tooh Haltsooí, Toadlena/ Two Grey Hills, Tsé Atnáozt'i'í) attended the Community Outreach and Patient Empowerment program's youth retreat in Gallup on April 9.



**PHOTO: Council Delegate Amber Kanazbah Crotty with Youth Leadership in Gallup, N.M. on April 9, 2016.**

The two-day event was coordinated as part of

COPE's Navajo Community Health Outreach Youth Leadership Program, headed by former Navajo Nation Vice President Rex Lee Jim. The program is comprised of several public health professionals, who provided training in several different disciplines to the youth participants.

The NCHO Youth Leadership Program empowers youth to practice healthy lifestyles along with their peers, families, and communities and also involves Navajo high school students in activities to increase youth food literacy.

"As a mother and a Naat'áanii, I truly believe in empowering our children with the ability to identify and solve community challenges." Delegate Crotty stated. "I remember how my mother and grandmother's words helped shape me as a young person. We can develop our Navajo youth to overcome the systemic obstacles they face in society and educational systems, to ensure our Nation's future."

Delegate Crotty said her presence at the event was part of her overall advocacy and nation-building goal to support youth leadership and push for real progress for Navajo families.

"Events such as these provide the opportunity to interact with our Navajo youth and hear directly from them on policy recommendations while encouraging a healthy, positive lifestyle in harmony with our teaching of "hózhó," said Delegate Crotty, adding that she is pleased to see health partnerships working together to promote a healthy Navajo Nation.

“Our youth appreciate Navajo leadership engaging with them and listening to their accomplishments,” added Delegate Crotty.

The Navajo Community Health Outreach Youth Leadership Program is planning a Youth Conference on June 1 - 3 at Navajo Technical University in Crownpoint, New Mexico. For more information contact Sonlatsa "Sunshine" Jim-Martin COPE Project | REACH Coalition Manager at (505) 567-0398.

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