

A photograph of Florentino Barril, a Tlingit man, in traditional regalia. He is wearing a large, ornate headdress with a mask and a large silver nose ring. He is holding a large drum with a Tlingit design and a beater. In the background, a woman in a red dress and a straw hat is also visible.

**DANCE
LEAD
TEACH
SPEAK OUT
DRUM**

**It's
what
I do.**

Florentino Barril
is the leader of an Alaska
Native dance group. He
speaks out about healthy
lifestyles and diabetes
prevention.
**Tlingit,
WASHINGTON**

IHS Division of Diabetes
Treatment and Prevention
www.diabetes.ihs.gov

