



Community Health Department

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October is Domestic Violence Awareness Month

Domestic violence is a continuous pattern of abusive behaviors which are used with the intent to gain power and control over another individual within a relationship. It can come in many forms including; physical violence, emotional abuse, sexual assault, economic abuse, stalking, elder abuse and dating violence. This month we will be Painting the Town Purple. Purple is the domestic violence awareness ribbon color, you can help us by displaying a purple ribbon, or other purple decorations in your windows, porches or vehicles. Show your support for those who are experiencing or have survived domestic violence and paint the town purple.

CARE Program

Women's Wellness Group

Every Wednesday 5:30-7:00pm
Siletz Community Health Clinic - Yurt

We will share stories and experiences, promote overall wellness & learn to heal from past trauma.



Tillicum Fitness Center

Tai Chi: M & W 10:30-11:30am
Zumba Gold: T & Th 5:30-6:30pm
Sit and Be Fit: T, Th & F 10:00-11:00am
Pilates: M & W 5:15-6:15

Events

Every Tuesday & Thursday

Walking Group

Eugene Area Office 5:00-5:45pm

October 12

Diabetes Luncheon

Portland Area Office 12pm

October 15

Indoor Kitchen Herb Gardening

Salem Area Office

October 27

Diabetes Luncheon

Tillicum Fitness Center 12pm

Wellness Carnival



3rd Annual Salmon Celebration

Portland Area Event

Sunday October 2, 2016 at Westmoreland Park - SE 22nd & Rex south of Bybee

- Family friendly activities
- Inter-tribal cultural activities including salmon and lamprey tasters
- Games, crafts and active learning activities