



Community Health Department

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Selene Rilatos is the new TPEP Coordinator. She is a Siletz Tribal Member and is very anxious to be a part of the team with the Community Health Department. Health has been and is still the number one priority for the tribe. She is passionate about providing clean, healthy air where we work, live and play for everyone and keeping tribal land sacred. The TPEP Program is currently housed at the Siletz Community Health Clinic, when prior it was at the Portland Area Office.

Events

**Every First & Third Thursday
Girls' Group
Siletz Clinic 6pm-8pm**

**November 16
Diabetes Luncheon
Portland Area Office 12pm**

**November 29
Emergency Preparedness Class
Eugene Area Office 6:30-7:30pm**



Eli Grove is currently a senior at Oregon State University, Majoring in Public Health Promotion and Health Behavior while also receiving a minor in Environmental Safety and Health. Eli grew up in Siletz and Toledo Oregon, where he graduated high school before moving to Corvallis. He's a member of the Confederated Tribes of Siletz and will be doing an internship

through the tribe's Community Health Department for ten weeks.

Eli looks forward to helping the Community Health Department out in any way that he can and he's happy to be back and working in Siletz. Eli's long term goal is to become a high school teacher and coach, here in Oregon.

In his free time, Eli enjoys camping, hiking fishing and sports, along with spending quality time with family, friends and his dog. Eli has spent his last four summers working for the Oregon department of Forestry as a wild land firefighter which has been an awesome time. Eli hopes to meet and work with more community members during his ten week internship! Go Beavs!

Girls' Group

All girls age 9 and up are welcome to join the CARE Program and Prevention for some fun, food, and education. We talk about female empowerment, self-esteem, healthy relationships, and much more.

**Siletz Community Health Clinic
Every first & third Thursday
6pm-8pm**



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**