



# Community Health Department

## Wisdom Warriors

The Wisdom Warriors Group will encourage and empower individuals living with chronic conditions to learn new skills for making fun and healthy changes in their lifestyle. This group will meet every Tuesday for 6 weeks at the Tribal Community Center from 4:00pm—6:30pm. The first class will be held on Tuesday, February 7th.

**Every Tuesday Starting February 7**  
**Tribal Community Center 4:00-6:30pm**

## Events

**February 2**

**Girls' Group (ages 9-19)**  
**Clinic - Behavioral Health**  
**6pm-8pm**

**February 7**

**Wisdom Warriors**  
**Tribal Community Center**  
**4:00-6:30pm**

**February 16**

**Girls' Group (ages 9-19)**  
**Clinic - Behavioral Health**  
**6pm-8pm**

## Girls' Group Open House

**Community Health and Behavioral Health** are inviting girls age 9-19 and their parents to join us and learn more about Girls' Group. Come meet the staff who are involved and learn about the topics we will cover over the next year, including the Daughters of Tradition curriculum.

**March 2, 6pm-8pm**  
**Tribal Community Center**



Fun at  
Holiday  
Helpers