



Community Health Department

Find us on Facebook! Siletz Community Health Department



Smoking & Asthma

Smoking combined with Asthma causes damage to the lungs. Smoke irritates the airways, causing swelling, narrowing of airway, and mucus buildup.

Smoking can...

- ◆ Undo the effect of long-term medicine use
- ◆ Force Asthma sufferers to use quick-relief medicine more often
- ◆ Disrupt sleeping due to coughing more often
- ◆ Affect ability in sports and other physical activities
- ◆ Send you to the Emergency Room with an Asthma attack.

Events

March 2

Girls' Group Open House
Tribal Community Center
Time TBD

March 7

Tobacco Cessation Series
Center for Health Education
5:30-7:00pm

March 24

Blood Drive
Siletz Health Clinic
9am-2pm

Samaritan Health Tobacco Cessation Series

March 7 - April 11
Samaritan Center for Health Education
740 SW Ninth Street, Newport
Every Tuesday evening from 5:30-7:00pm
Call Deb Myers to register: (541)574-4886



March 24

Siletz Community Health Clinic
9:00am - 2:00pm

Call Cyndee Druba to schedule an appointment (541) 444-9652



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

Girls' Group

Girls age 9-19 welcome

Featuring the Daughters of Tradition curriculum

Every first & third Thursday of the month
Siletz Community Health Clinic - Behavioral Health
6pm-8pm