



# Community Health Department

Find us on Facebook! Siletz Community Health Department



## Dock Walk



Community Health and the Diabetes Program will be featuring an afternoon walk on the docks. This is an opportunity to buy fresh local fish at rock bottom prices as well as learn about the fishing industry. July is the best month for purchasing local products, as most fish we catch locally are available.

### What you'll need:



Cash: you'll need to bring cash if you're buying fish - most boats do not have card readers



Ice chest and ice for holding fish



Good traction shoes



Dress in layers

Monday, July 24th 1-2:30pm  Port Dock 5, Newport, Oregon

Diabetes Luncheon will be in conjunction with the Community Health Dock Walk on Monday, July 24<sup>th</sup>. Vans will leave at 11am. We will have a picnic lunch on the Bayfront before joining the larger group for the Dock Walk.

## Events

July 6 & 20

Girls' Group

6pm-8pm - Clinic

July 24

Diabetes Picnic Luncheon

11am - Meet at Fitness Center

Lunch 12-1pm - Newport Bayfront

July 24

Dock Walk, 1pm-2:30pm

Newport Bayfront - Port Dock 5

## Tillicum

Fitness Center 

Tai Chi: M & W 10:30-11:30am

Zumba Gold: T & Th 5:30-6:30pm

Sit & Be Fit: T, Th & F 10:00-11:00am

Pilates: M & W 5:15-6:15



## Transportation Services



Community Health has transporters who are available to transport clients for medical, dental, and limited prescription needs.



Transportation services require at least 2 business days notice, but please schedule as soon as you are aware of the need.

Service is on a first come first serve basis.



Transportation services are offered as a last resort for those who have no other way to reach appointments.



To make an appointment please call the Transportation Line: 541-444-9633

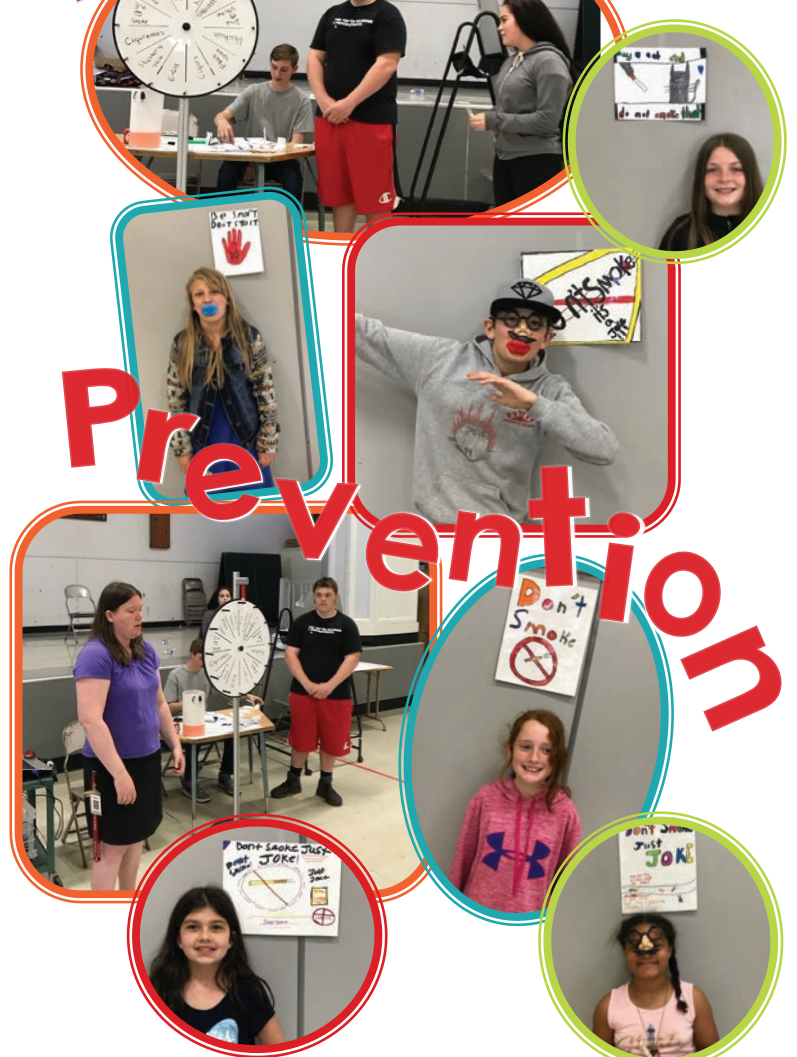


Leave a message with your name and phone number and we will return your call on the next business day.



Confederated Tribes of Siletz Indians  
Community Health Department

## Tobacco



## Prevention