

# Wellness Carnival!

Friday, August 25th

3-7pm at the Fitness Center parking lot!

Join in the fun!

Water Slide - Dunk Tank - Challenge Course - Win a Prize  
Healthy Traditions will be serving smoothies!

## Mountain Huckleberry Season



This is the potential gathering date, depending on weather:

**August Sat. 26 - Sun. 27th**

For more information:

Contact Healthy Traditions at  
541-444-9627

or [kathyk@ctsi.nsn.us](mailto:kathyk@ctsi.nsn.us)

## Tuna Canning Classes

Thurs. Sept. 21 & Fri. Sept. 22

Must call Kathy to sign up: 541.444.9627



Photo Courtesy of: Culinaria Eugenius

**Northwest Portland Area  
Indian Health Board  
WEAVE-NW Project**



## Mission Statement

The CTSI Healthy Traditions project seeks to improve the health of Siletz Tribal members through educational activities which promote the use of traditional foods through hunting, gathering, gardening, cooking, food preservation and protecting our natural resources.