

Canning Tuna Class!

Saturday 9-5pm
April 7th

In this class you will learn how to safely can
Tuna at home.

Sign up today!
Kathy Kentta 541-444-9627

This class is sponsored by: Newells Fish Market in South
Beach and CTSI Healthy Traditions, this event is open to Tribal members
and their families



Grow
Fresh Food!
Garden Activities

Join us at the
**Healthy Traditions
Community Garden!**

Begin your plant starts!

- **Seed Planting**
- **Sharing Seeds**
- **Learn How to
Divide Your Perennial
Flowers!**

**Wed. Thurs. March 14-15th
3-5:30pm**

For more information, call 541-444-9627
Sponsored by CTSI Healthy Traditions

Tentative date!

**Camas
Gathering!**

Saturday
9-5pm
April 28th

Sign up today!
Kathy Kentta
541-444-9627

Join Healthy Traditions for fun Activities!

We are always looking for instructors, volunteers
and new ideas! For more information about our
program and the activities we provide,

Please contact Kathy Kentta at 541-444-9627

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.