

Canning Tuna Class!

Rescheduled Sunday, April 8th 9am-5pm

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

Sign up today!
Kathy Kentta 541-444-9627

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!**
The Community Garden is open!
Plots are available for tribal youth
12yrs-Adults.

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

**Wed, April 11th
Noon-2pm & 4:30-6pm**
Begin your plant starts!

- Seed Planting
- Sharing Seeds
- Learn How to

Divide Your Perennial Flowers!

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



Camas Gathering

Sun, May 6th
9am-5pm

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.