



Siletz Community

HEALTHY TRADITIONS AND COMMUNITY HEALTH INVITES SILETZ TRIBAL MEMBERS AND THEIR FAMILIES TO



HERBAL MEDICINE MAKING CLASS
ALL MATERIALS PROVIDED
CLASS WILL BE HELD AT THE HEALTH CLINIC
5-7PM—MEAL PROVIDED

Thursday February 21, 2019	Session A: Topical Herbal Medicine Making
Thursday March 7, 2019	Session A: Food As Medicine
Thursday March 21, 2019	Session B: Topical Herbal Medicine Making
Thursday April 4, 2019	Session B: Food As Medicine

Space is limited to 1 adult per household,
reserve your spot today!

541-444-9613

Events

February 7th & 21st

Native STAND

Siletz Clinic - Behavioral Health

5:00 - 7:00pm

February 14th

Date Night: Dining Out

Romancing the Sacred Hoop

6:30 pm

February 18th

President's Day

All Tribal Offices Closed

February 26th

"Me Too" Luncheon

Tribal Community Center

12:00 - 2:00pm

February 28th

Diabetes Luncheon

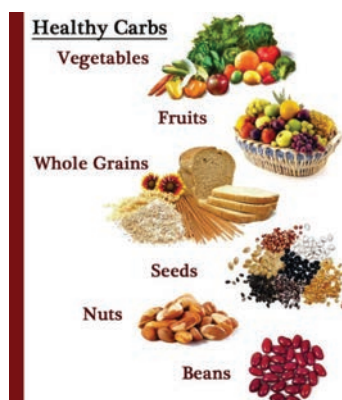
Tribal Community Center

12:00 - 1:00pm

National Cancer Prevention Month

February is National Cancer Prevention Month, so..... what does that mean?

With hundreds of thousands of cancer cases preventable through good diet, exercise and weight control, this month's "awareness" is not just to let someone know that you have a particular kind of cancer, or that there is another cancer out there that everyone should know about. But it is instead geared toward preventing as many of these cancer cases as possible from ever getting diagnosed.



It is estimated that over 340,000 cases of cancer could be prevented if people would make small changes in their lifestyle by moving more, weighing less, and eating healthier. Add quit smoking on top of that and nearly half of the new cancer diagnoses each year could be prevented.

You CAN have an impact on your own cancer risk. Make a list of activities that you like to do, start off small and work your way up to more strenuous activities. Something is better than nothing, every step you take is a step in the right direction. Remember to eat healthy and stay hydrated by drinking plenty of water.

So, during the Month of February, don't just tell people about your cancer, or any cancer in particular, but let's tell everyone one or two things that they can do to prevent cancer, and then let's follow up and do those things ourselves. The life we save might just be our own!