

Herbal Medicine Class

Learn more about using plants and herbs for healing your body!

Thursday June 6 Herbal Medicinal Tonic - Oxymel
Thursday June 20 Topical Herbal Medicine Making
Thursday July 11 Herbal Medicinal Tonic - Oxymel

Classes are open to Tribal members and their families

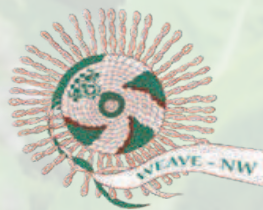
Pre-Registration is required

Space is limited to 1 adult per household... **541.444.9613**

Oxymel - is a safe vinegar and honey based tonic to swallow, using plant materials as a remedy.

Topical - is referring to using the plant based medicine on your skin.

Classes Sponsored by:



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



Hands on Food for Youth

Siletz Fitness Center

June 18th

July 16th

August 20th

11:30am - 1pm

Youth will learn how to make nutritious, easy, healthy meals for breakfast, lunch, and/or snacks!

Sponsored by the USDA Nutrition Education Program, CTSI Diabetes Program and Healthy Traditions.

Garden BBQ and Walk it Off!

Wed. August 14 4:30-6:30pm
at the Siletz Tribal Community Garden

For more information, call 541-444-9627.

Sponsored by CTSI Healthy Traditions

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.