



Youth Digital Storytelling Workshop

March 24-26
Siletz Administration Building

Siletz Community Health is looking for youth who are interested in social justice issues and want learn the art of digital storytelling. You will learn how to create, narrate and share a video of your own story.

Age 14-18

Space is limited so sign up today!

Call Kira Woosley at the CARE Program: 541-444-9638

KNOW YOUR STATUS

6 out of 10 Oregonian's don't know their HIV Status

For a FREE 15 minute test contact:

Siletz Harm Reduction

541-444-9672



It's National Colorectal Cancer Awareness Month

What is colon cancer? It is a disease in the large intestine (colon) and rectum. Most colon cancers start as small non-cancerous clumps of cells called polyps. Without treatment, polyps may turn cancerous. Colon cancer is the second leading cause of cancer death for American Indians and Alaska Natives.

So what can I do to prevent colon cancer?

1. Quit smoking - contact our Tobacco Prevention and Education Coordinator at 541-444-9682 for more information.



2. Eat fruits and veggies - consume 5 to 9 servings a day.

3. Get screened - for American Indians, it is recommended for those ages 45-75.



4. Exercise - it is recommended to get at least 30 minutes of exercise in a day.

5. Limit alcohol consumption.