

Virtual Siletz Run to the Rogue 2021

Join the Culture Department and Diabetes Program in a virtual trek to honor our history (and get your steps in)!

We are building an app for this year's Run to the Rogue. This app will allow us to provide members the experience of a team- or individual-based challenge to walk the same amount of steps that the annual Run to the Rogue requires. This app will show you the progress you are making from the Siletz Tribal Community Center to Oak Flat on a fun, custom and Siletz-specific digital map. Participate in fun health challenges, learn about the event itself and the history behind it from our unique milestones on the app, and our event-specific news blasts throughout September.

Those who sign up here will be given access to the app prior to the challenge. Let's take this journey together and hopefully next year we will see you on the trail!

The link to sign up is: <https://www.eventbrite.com/e/virtual-run-to-the-rogue-step-challenge-and-celebration-tickets-162733348827>

You can also email : runtotherogue2021@ctsi.nsn.us



INTERNATIONAL OVERDOSE AWARENESS DAY AUGUST 31

Fentanyl, a drug much stronger than heroin, is being mixed into **COCAINE, CRACK, XANAX, MDMA, HEROIN** and other street drugs, causing a spike in overdose!

SAFETY TIPS:

- Use with others
- Carry Naloxone/NARCAN
- Test your drugs before using
- Start low and go slow
- Watch and wait

Siletz Community Health HARM REDUCTION

Contact one of us today -

Sissy Rilatos (541)270-9643

Chris Oleman (541)272-2721

Sharon Bruns (541)272-9083

Upcoming Event to honor and increase Overdose Awareness to be announced on Clinic FB Page.

Overdose Prevention/Save Someone's Life.



Tillicum Fitness Center



Starting July 11, 2021

Our new capacity is here!

We can now allow up to 10 people at a time!

– 8 on cardio machines and 2 on weight circuit

Equipment will be moved to allow for maximum social distancing

- Your safety is our priority.

Guests and staff must wear a properly fitting mask the entire time while in the building, including during workout.

-Hand sanitation stations will be located at entrance; all persons will be required to sanitize their hands.

Workout time limited to 45 minutes starting on the hour, allowing 15 minutes at the end of the hour for staff to deep clean.

Example: 10:00 to 10:45 am — work out; 10:45 am to 11:00 am cease workouts to deep clean

Hours Monday-Friday: 6:00 am to 8:00 pm

Hours Saturday: 10:00 am to 4:00 pm