

A Haunted Walk through the Garden

Join Us!

Monday, October 31st 5pm-8pm

Community Garden corner of Molalla and Buford

HAVE A SPOOKY HALLOWEEN

For questions please contact Danica Lundy: 541.272.0396

TILLICUM FITNESS CENTER **WALKING** Group

Join us for relaxing walks, low impact exercise, and good company.

We will meet at the fitness center @9am
Mondays and Wednesdays

Hope to see you soon!

INTERESTING FACTS ABOUT WALKING

65,000 miles is the average distance a person walks in their lifetime

13 months is the average age when babies start to walk

347 days is the average time it would take to walk around the globe and back

6 million years ago is the approximate time humans started walking on two legs

10,000 steps is the recommended average a healthy adult should take in a day

5117 steps is the average amount of steps taken by Americans per day

Confederated Tribes of Siletz Indians
Behavioral Health Presents...

WALKING WITH INDIGENOUS YOUTH

A Two Part Series

By Jeri Brunoe Training and Consulting

JOIN US VIRTUALLY!

PART I: OCTOBER 7, 2022, 9 AM – NOON

Innovative Youth Engagement
Styles & Approaches
Strengthen & Foster Youth Development

PART II: OCTOBER 14, 2022, 9AM - NOON

Experiential & Interactive Activities
Youth, Family & Community Engagement
Cultural Practices

WHO SHOULD ATTEND:

Those that work with Native and Alaska Native Youth
Youth Workers, Tribal Youth
Programs, Teachers,
Educators, Volunteers

TO REGISTER CONTACT:

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