

Health Promotion Activities sponsored by:
Diabetes Prevention Team

Pizza and a Movie night

**DATE: JANUARY 16
@ 6 PM**

For more information,
please contact:
Richardb@ctsi.nsn.us



Create your own pizza,
and enjoy a movie
at the rec center.

1010 W Buford Ave
Siletz, OR. 97380

Strawberry Freezer Jam class

Saturday
January 14th

Saturday
February 4th

To Register:
Please contact:
Kathy Kentta
kathyk@ctsi.nsn.us
541.444.9627

**This event is open to Tribal Members
and their families**

BABY FOOD CLASS

LEARN TO PREPARE BABY FOOD

For more info regarding date, time and to register, please
call Healthy Traditions at 541-444-9627 or email
Kathyk@ctsi.nsn.us.



Natural baby food
rich in vitamins

Are you pre-diabetic and trying
to start the new year off with
health goals?
Join a pre-diabetes group lead by
Life Coaches!
If you are interested and live in the
Salem, Portland, Eugene or Siletz
service areas, please email
Kimberlyl@ctsi.nsn.us or call
541-444-9679.