



During the talent part of the recent Miss Warm Springs Pageant, Norene Sampson filleted a fish, and explained how to prepare the fish to be cooked traditionally over a fire pit. With the contestant is her mother, Sandra Greene.

Yvonne Iverson/Spilyay

Class offers support for those who have chronic health issues

Do you suffer from chronic long-term health conditions? Put life back into your life—register and attend a Living Well with Chronic Conditions workshop beginning Tuesday, Feb. 1 in Warm Springs.

Held each Tuesday morning, the series of classes are designed especially for adults with ongoing health issues such as asthma, diabetes, cancer, arthritis, depression, heart disease and other chronic symptoms.

Each session includes a hot breakfast or healthy snacks.

The workshop will be held at the Warm Springs Health and Wellness Center located at 1270 Kot-Num Road in the Kitchen Conference Room.

Classes help you find practical ways to deal with pain

and fatigue, improve nutrition and exercise choices, make daily tasks easier, learn to relax, manage stress and much more.

Living Well with Chronic Conditions will teach you how to manage your symptoms with greater results.

There is no charge for the six-week workshop. Each participant receives the book "Living A Healthy Life with Chronic Conditions."

Empower yourself. Take control of your health and feel better now.

For details and to register, call 541-553-1471 or 541-322-7430, or visit: www.livingwellco.org.

Brought to you by Deschutes County, Warm Springs Health and Wellness Center and HealthMatters Central Oregon.

wsnews.org

WS clinic getting new X-ray equipment

Employees at the Warm Springs Clinic are excited about the upcoming arrival of new and improved X-ray capabilities.

It will be digital equipment. This upgrade will require the X-ray department to be shut down for approximately 4 weeks

starting Jan. 31, however. During that time, the tribes' health care providers will be referring out X-rays to Mountain View Hospital.

The clinic will be making options available for those in need of transportation

assistance to Madras. "We realize this will cause some inconvenience and we appreciate your understanding," said Becky Bressman, a health specialist at the clinic. Call 541-553-1196, ext. 4510, for details.

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UPCOMING EVENTS

CRUZE INTO 2011 WIN A CHEVY CRUZE
 PLAY TO WIN ON JANUARY 28TH
 Actual vehicle on display.

WARM SPRINGS BOXING CLUB
 LIVE AMATEUR BOXING SATURDAY, JANUARY 29TH
 AT 6PM. DOORS OPEN AT 5:30PM
 \$12 GENERAL ADMISSION. OPEN ALL AGES.

SNOW BALL TWO-PERSON GOLF SCRAMBLE
 FEBRUARY 5TH
 \$40 PER PERSON INCLUDES LUNCH AND CART.

SUPER BOWL
 FEBRUARY 6TH
 CASINO 46" TV GIVEAWAY AND SUPER SLOT DRAWINGS. PARTY IN APPALOOSA LOUNGE. WIN CASH IN OUR SUPER SCORE CONTEST.

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