



# HEALTH & WELLNESS NEWS

## Massage at Health & Wellness Center

Mind, Body & Soul Therapeutic Massage started at the Health & Wellness Clinic last year.

**Remember:** Appointments for massage are not managed by the Health & Wellness Center staff. To schedule an appointment, call 971-237-2561. ■

## June is Men's Health Month

Awareness    Prevention    Education    Family    Support

- Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue.
- In 2000 there were fewer than 80 men for every 100 women by the time they reached age 65-74.
- 1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.
- Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

### Take 3 Simple Steps

- 1. Eat Healthy.** Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of food to all the vitamins and minerals you need. Add at least 1 fruit and vegetable to every meal.
- 2. Get Moving.** Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy. Most important, choose activities that you enjoy to stay motivated.
- 3. Make Prevention a Priority.** Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

## Grand Ronde Health & Wellness Pharmacy

*Please be advised for:*  
**Refill Requests**

In order to best serve you, please note the following time requirements for your refill requests:  
**(Valid) Refills remaining – Called in between 8:30 to 11 a.m., anticipated pickup/send out by 5 p.m. Called in after 11 a.m., 12:30 p.m. next day pickup, excluding holidays and weekends.**

**NO refills remaining – up to 7 days\***

\*This allows us time to coordinate and correct any needs that may exist for your refill  
**PLEASE LET US KNOW IF YOU WILL BE OUT BEFORE THIS TIME FRAME ON A MAINTENANCE MEDICATION SO THAT WE CAN BEST ACCOMMODATE YOUR NEEDS.**

Thank you for allowing us to serve your prescriptions needs.

## Community Health's 2nd Annual Game Day!!!

Come Join us for some



Friday June 22nd, 2018

11am-1pm

Registration at the CTGR Housing Basketball Court at 11am

All ages are welcome

Food will be available after you finish all the stations (while supplies last)



## Honoring MEN'S WELLNESS



**COME JOIN US**

**JUNE 5th, 2018  
CTGR COMMUNITY CENTER  
5:00pm - 8:00pm**

### TOPICS

- Physical Health - Substance Abuse
- Spiritual Connection - Relationships



TRIBAL MEMBER **CHANCE TAUREAU**  
**MEAL WILL BE PROVIDED AT 5PM**



GUEST SPEAKER