



HEALTH & WELLNESS NEWS

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.

Health & Wellness Center closures

- Friday, May 24 – 12:30 p.m.
- Monday, May 27 – Memorial Day

Be sure to request your prescriptions early to cover closure days.

Community Health Program

Medical Transport Services

Medical transportation services are available to Tribal members within the six-county service area when an alternate means of transportation is not available. Advance notice required.

Please call 503-879-2078 to schedule a reservation.



YOU'RE INVITED DIABETES PREVENTION PROGRAM

PRE-DIABETICS, NEWLY DIAGNOSED DIABETICS, OR ANYONE WHO WANTS TO GET HEALTHY AND FEEL GREAT

Get an experienced Lifestyle Coach to help you make small steps toward your health and fitness goals.

Earn up to \$400 toward groceries.

Lose weight and keep it off.

WHEN
Thursday, May 2, 2019
at 5:30 p.m.
Health & Wellness Clinic
Molalla Room

ENTER TO WIN A DOOR PRIZE

LOTS OF GREAT INCENTIVES

FITNESS TRACKERS

CALORIE KING JOURNALS

COOKING CLASS

NUTRITIONAL RECIPES

EXERCISE DEMONSTRATION

NUTRITION VOUCHER PROGRAM

Mother's Day Tea Party

Community Health Hosts
Annual Mother's Day Tea!
Saturday May 11th 2019 11am-1pm
At the CTGR Community Center
Food, Prizes, and make a gift to take home
Questions? Call 503-879-2078
All ages are welcome!!



Mobile Mammography

Convenience • Privacy • Certified women technologists State-of-the-art equipment • ACR- & FDA-accredited

The Mobile Mammography unit travels by appointment to businesses, health fairs, senior centers, even private gatherings—wherever there are at least 10 women interested in receiving a mammogram. We will be in your area soon.

To schedule an appointment please call: Kandee Little
503-879-2089

Date: Thursday June 13th 2019

Location: CTGR Clinic upper parking lot