

## Afterhours health line

Tribal members can contact the Afterhours Health Line for questions about health care concerns you may have when the clinic is not open.

You can reach the Afterhours Health Line by calling 503-879-2002 and follow the prompts.

The Afterhours Health Line will coordinate care and communicate with Grand Ronde Health & Wellness Center providers. ■

## Clean Eating



When: 3<sup>rd</sup> Friday of every month

Starting Jan. 17, 2020

Where: Elder Activity Center back craft room

Time: Noon to 1 p.m.

\*Learn to eat clean. No fad diets; just plain old knowing what you are eating!

\*There will be a new food to try each month, but not a full meal served.

\*Interested? E-mail [Kristy.criss-lawson@grandronde.org](mailto:Kristy.criss-lawson@grandronde.org)

## Reibach to be featured on 'Oregon Art Beat'

Jan Michael Looking Wolf Reibach, a Grand Ronde Tribal member of Kalapuyan descent and world-renowned Native American flutist, will be featured on Oregon Public Broadcasting's "Oregon Art Beat" at 8 p.m. Thursday, Jan. 30, and 1 a.m. Sunday, Feb. 2.

The episode is titled "Circles of Life" and profiles Looking Wolf, who is a "master of Native American flute." ■

## Inclement weather alert!

Please be sure to call the Health & Wellness Center before traveling in to appointments at the clinic during inclement weather.

Health & Wellness Center staff will make every attempt to call patients during closures.

Also, please sign up for emergency notifications about Tribal campus closures on the Tribal website at [www.grandronde.org](http://www.grandronde.org) or follow the Tribe's primary page on Facebook. ■

Respect yourself. Protect yourself.  
**Get yourself tested.**

### Polk County Public Health services:

#### Reproductive Health Clinic

- Personalized birth control options based on your needs
- Annual exams
- Pap and breast exams
- Pregnancy planning and testing

#### Other Services:

- STD screening, testing and treatment
- Immunizations
- Home visiting program for children
- HIV Case management



Details at: [www.co.polk.or.us](http://www.co.polk.or.us) • Call for appointment: 503-623-8175

Paid ad

# AV CLUB

**January 24<sup>th</sup> / 12-1PM**

Chachalu Tribal Museum & Cultural Center invites you to join us on January 24th for the Fourteenth session of the Grand Ronde AV-Club. Our Collections and Archive team will be showing a variety of old videos recently digitized and ready for viewing in the Chachalu Classroom from 12 - 1 pm.

Seating is limited to 40. Guests are welcome to bring a lunch while catching a glimpse into the past.

