



HEALTH & WELLNESS CENTER

NEW SIGN AT THE HWC

THE DESIGNATED AREA IN FRONT OF THE CLINIC IS FOR **LOADING AND UNLOADING ONLY.**



Massage at Health & Wellness

Hi, my name is Shawna Ray. I have been a licensed massage therapist in the Yamhill and Polk county area for eight years. I will be at the Health & Wellness Center on Mondays providing massage therapy as an on-site contractor and I am contracted with Shasta.

Contact 971-241-4323 by text or voice message to schedule appointments. Co-pay still may apply. I'm looking forward to working with those in the community to deliver a holistic approach to pain management, relaxation and overall wellness. ■

TAKING CONTROL OF BEHAVIOR: HOW TO CREATE CALM THROUGH CONNECTION & COMMUNICATION



Learn how mistakes are an opportunity for children to learn and grow, if we know how to respond effectively through listening, managing their feelings, and asking the right questions.

Parents, please join us online, Thursday, February 29, 2024 at 12:00 p.m.

with Kim Demarchi, M.Ed.

<https://bit.ly/empoweredparenting>

 @kim.demarchi



empoweredparenting.com



CTGR Wellness Warrior Logo Design Challenge

DESIGN WHATEVER YOU THINK REPRESENTS WHAT A "WELLNESS WARRIOR" IS.

WINNING DESIGN WILL BE PRINTED ON HOODIES THAT WILL BE GIVEN OUT AS PRIZES THROUGH THE YEAR. ARTIST WILL RECEIVE \$100 AND A HOODIE WITH THEIR DESIGN ON IT.

WINNERS ANNOUNCED @ MENTAL HEALTH WALK IN MAY

CONTEST DEADLINE MARCH 30TH



more info call 503.879.4533
Email submissions to: Angey.Rideout@grandronde.org



West Valley Veterans Memorial Application

Deadline is March 15, 2024

Name: _____ DOB: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Gender: Male/Female (Circle) _____

Rank: _____ Branch: _____ Honorable: Yes/No (Circle) _____

DOE: _____ Place of entry: _____

DOS: _____ Place of separation: _____

Deceased: Yes/No (Circle) _____ Place of burial: _____

CTGR Tribal: Yes/No (Circle) _____ If Tribal, Roll# _____

*All applicants must submit a copy of their DD214. If applicant is deceased, a family member or spouse can submit a copy of their DD214. If you are a CTGR Tribal member please attach a copy of your Tribal ID. If you are non-Tribal please attach a copy of a bill/record with your name and address showing you had lived or now reside in Grand Ronde, Willamina or Sheridan. Please send application and all documents to Grand Ronde Veterans SEB, 9615 Grand Ronde Road, Grand Ronde, OR, 97347. If you have any questions, please contact Chelsea Clark at 503-879-1418 or e-mail: publicaffairs@grandronde.org

Any applications received after March 15, 2024, will be kept on file for inclusion to the Memorial in 2025.