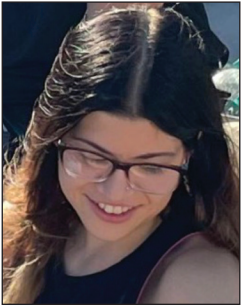


**Happy birthday,
Leatha Lynch!**
Happy belated birthday to
Jeffers descendant/Tribal
Elder Leatha Lynch.
May our ancestors continue to
watch over you and may your
angels and guides always
be near to you.
We love you!





**Happy birthday,
Sierra Lynch!**
Happy 19th birthday to Jeffers
descendant Sierra Lynch, daughter
of Tribal member Larion Lynch.
May our ancestors continue to
watch over you and may your
angels and guides always
be near to you.
We love you!

We want to hear from you!

The Grand Ronde Health & Wellness Center Comment Box is located at the entrance of the Health & Wellness Center, next to the drinking fountain.

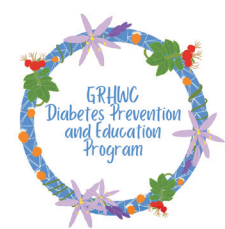
Share your experience, good or bad with us. ■

**GRAND RONDE HEALTH AND
WELLNESS CENTER**

**Diabetes Prevention
and Education Services**

Join us for our monthly Diabetes Prevention and Education meeting the 3rd Monday of every month at the Cheryle A. Kennedy Public Health building. Come learn how making small changes can make a big impact on your overall health. Learn about nutrition and exercise, try new recipes, win prizes, and set achievable health goals.

Next meeting is Monday August 19 at 11:00AM. You do not have to have a diagnoses of diabetes to attend. Tribal members, community members, and Health and Wellness patients are invited to join.



For questions contact Jeannette or Charlene at 503-879-2002

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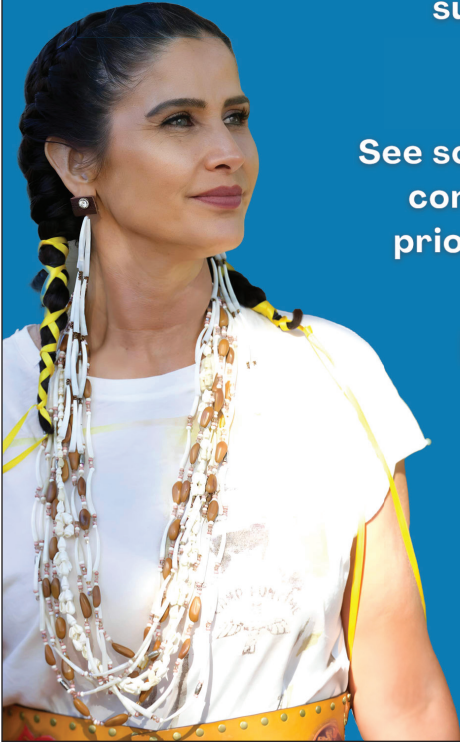
* = DEPENDENT ON SEVERAL FACTORS & LINE OF SIGHT.
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**RE-ELECT
MICHAEL
CHERRY**

Serving as your Secretary on Tribal Council has been an honor, and I am committed to continuing the work to ensure a vibrant and lasting Tribal Nation. I ask for your vote and continued support.



See some of the achievements, contributions, and future priorities on my website at

mcherry.co



#MovingForward

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For those who may not know me, I am Tonya Gleason-Shepek. I served on Tribal Council from 2014 to 2017. It would be an honor to once again serve the membership. I look forward to gaining your confidence and trust to serve in this capacity. I humbly ask for your vote.

#VoteTonya
#VoteTruth



**BALLOTS ARE ON THE WAY!
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