

UNITED INDIAN HEALTH SERVICES
Community Health & Wellness Activities

March 2018



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|------------------|--|---|---|--|--|
| | | | <p>Poison Prevention Awareness and Nutrition Month</p> | <p>1</p> | <p>2 Family Spirit Pregnancy and Parenting Group 10:00 am – 12:00 pm @ PHV</p> | <p>3 Garden Volunteer Day 10:00 am – 1:00 pm</p> |
| <p>4</p> | <p>5</p> | <p>6 CalFresh Taste Test @ PHV</p>  | <p>7 Nutrition Month Celebration 1:00 pm to 3:00 pm @ PHV Gathering Room</p>  | <p>8 Blood Pressure & Blood Sugar Screenings @ 11:00 am – 1:00 p.m Smith River Elder Nutrition Site QPR Workshop 12:00 pm – 2:00pm @ Dreamquest, Willow Creek</p> | <p>9</p> | <p>10</p> |
| <p>11 Turn the Clock forward.</p>  | <p>12</p> | <p>13 QPR Training Time to be Announced @ Bear River</p> | <p>14 Blood Pressure & Blood Sugar Screenings @ Wiyot Tribal Office 11:00am-1:00pm Family Spirit Pregnancy and Parenting Group 1:00 – 3:00 pm @ Weitchpec</p> | <p>15</p> | <p>16 Family Spirit Pregnancy and Parenting Group 10:00 am – 12:00 pm @ PHV</p> | <p>17</p> |
| <p>18</p> | <p>19</p> |  | <p>21 Kick Butts Day 2:30-5:00 pm @ DN County Fair Grounds CDC Garden Workshop 10:00 am to 2:00 pm @ PHV Garden</p> | <p>22 Blood Pressure & Blood Sugar Screenings 11:00 am – 1:00 p.m. @ Smith River Nutrition Site</p> | <p>23 Blood Pressure & Blood Sugar Screenings, 11:00 am – 1:00 p.m @ Bear River Nutrition Site SafeTALK Training 8:00 am – 12:00 p.m @ PHV</p> | <p>24</p> |
| <p>25</p> | <p>26</p> | <p>27 Blood Pressure & Blood Sugar Screenings 11:00 am – 1:00 p.m. @ Yurok Tribal Office in Klamath</p> <p>ASIST Training 8:30 am – 5:00 p.m. @ Jefferson Center in Eureka</p> | <p>28 Blood Pressure & Blood Sugar Screenings 11:00 am – 1:00 p.m. @ Blue Lake Nutrition Site Family Spirit Pregnancy and Parenting Group 1:00 – 3:00 pm @ Weitchpec ASIST Training 8:30 am – 5:00 p.m. @ Jefferson Center in Eureka</p> | <p>29</p> | <p>30 Blood Pressure & Blood Sugar Screenings, 11:00 am – 1:00 p.m @ Bear River Nutrition Site Cesar Chavez Volunteer Day in the PHV Garden</p>  | <p>31</p> |

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Community Health & Wellness Activities

T-Taq'at-dvn **F**-Fortuna **EV**-Elk Valley **X** – Xaa-wan'-k'wvt **PHV**-Potawot **W**-Weitchpec **H**-Hop'-ew Puel

Fitness Schedule - PHV

Water Fitness: Tuesdays 2:00-3:00 PM @ Arcata Pool

Trail Walking: Monday & Friday 10:00 -10:30 AM Potawot Health Village (Available for all interested clients)

Call our Fitness Coordinator to schedule a personal fitness appointment at 707-825-4162.

Fitness Schedule – Del Norte

Tai Chi: Tuesdays 11:00-12:00 @ Hop'-ew Puel / Wednesdays 1:00-2:00 @ X / Fridays 1:00-2:00 @ EV

Walking: Tuesdays 3:30-4:00 @ Hop'-ew Puel / Wednesdays 11:00-11:30 @ Xaa-wan'-k'wvt / Fridays 3:30-4:30 @ EV

Please 707-464-2919 call for more details.

Diabetes Management/Prevention Groups

Diabetes Support Group: 1st & 3rd Tuesday 2:00-3:30 @ Ho'p-ew Puel, 2nd & 4th Wednesday 2:00-3:30 @Xaa-wan'-k'wvt, 2nd & 4th Friday 2:00-3:30 @ Elk Valley

Aftercore Program: 2nd Monday 5:15-7:00PM @ Elk Valley

Call Community Health & Wellness at 707-825-5070 for more details

ASIST – Applied Suicide Intervention Skills Training @ Jefferson Center, 1000 “B” Street, Eureka. A two-day training to learn about suicide intervention.

QPR – Question, Persuade, Refer. Three steps to help prevent suicide. @ Dream Quest, 100 Country Club Dr., Willow Creek.

SafeTALK - Training for community members to learn to identify persons with thoughts of suicide and connect them to suicide first aid resources.

Save the Dates

ASIST Training

CDC - Hands on Health Conference

Beekeeping Classes

April 12 & 13

April 23-27

TBA in April

Potawot Health Village

Bear River

Potawot Health Village