


UNITED INDIAN HEALTH SERVICES Community Health & Wellness Activities

MARCH 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	1 	2	3 4 TH Final Diabetes Huddle @ KL @ 5:30pm	4 CORE @ EV 11:30-2:00	5
6	7	8	9	10	11	12 Kick Butts Day @ Arcata Plaza 10:00-1:00
13	14	15	16	17 	18	19 
20	21	22	23	24	25	26
27	28	29	30	31 Cesar Chavez Volunteer Day @ PHV Garden	1	2

PHV-Arcata Clinic SR-Smith River Clinic F-Fortuna EV-Elk Valley W-Weitchpec Clinic

Fitness Schedule for PHV

- **Water Fitness:** Tuesday 2:00-3:00 PM @ Arcata Pool
- **Trail Walking:** Monday & Friday 10:00 -10:30 AM Potawot Health Village
(Available for all interested clients.)
- **Chair Exercise:** Wednesday 1:30 - 2:00 PM in CHW @ Potawot Health Village
- **Diabetes Prevention Program (DPP):** every Tuesday @ 5:30 pm @ PHV
- **Diabetes Support Group:** 1st & 3rd Wednesday 1:30-3:30 @ PHV
- **Aftercore Program:** every Wednesday 12:30-1 pm @ PHV

Fitness Schedule Crescent City

- **Tai chi:** Wednesdays 1:00-2:00 PM
- **Walking:** Tuesday 2:00-3:00 PM (call for details 707 464-2919)
Call Community Health & Wellness at 707-825-5070 for more details



Save the Dates

- April 5-7, CDC Conference at Klamath, CA
- April 7, 14, 21, 28 - Kee Kah Tew Toom' Gathering, 5:30 at Howonquet Community Center
- April 22 – Earth Day and Kay-woi Drive Day
- April 30 - UIHS Spring Crafts Fair at Elk Valley
- May 7 - UIHS Spring Crafts Fair at Potawot Health Village