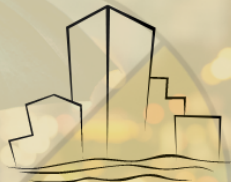


TRADITIONAL PATH TO WELLNESS

4 - WEEKS VIRTUAL SERIES



URBAN *Natives*

FREE WELLNESS WORKSHOPS

"URBAN NATIVES LIVING IN BALANCE"

MARCH 8,15,22,29,2023 | 5:30 PM - 7:00 PM

**WE ARE INVITING AMERICAN INDIAN
AND ALASKAN NATIVE FAMILIES TO JOIN US IN HONORING YOUR RESILIENCE.**

**FAMILY WELLNESS, MOVEMENT & FITNESS, INDIGENOUS FOODS
COOKING DEMO, FOOD MINDFULNESS**

RSVP: <https://bit.ly/IHCSCV-TPTWMARCH2023>



**INDIAN
HEALTH
CENTER**
OF SANTA CLARA VALLEY



CONTACT: PROJECT COORDINATOR IHUIPAPALLI DAVID LOPEZ
DLOPEZ@IHCSCV.ORG 408-445-3400 X2440
COUNSELING - PREVENTION SERVICES

TRADITIONAL PATH TO WELLNESS

4 - WEEK VIRTUAL SERIES



URBAN *Natives*

FREE FAMILY WELLNESS WORKSHOP

"URBAN NATIVES LIVING IN BALANCE"

MARCH 8, 2023 | 5:30 PM - 7:00 PM

WE ARE INVITING AMERICAN INDIAN
AND ALASKAN NATIVE FAMILIES TO JOIN US IN HONORING YOUR RESILIENCE.



Niko DeRoin-Silva
Otoe-Missouria/Choctaw
Leroy "Buster" Silva

Pueblo of Laguna
Family+Indigenize+Thrive is a
collective of movers and shakers
who are passionate about creating
positive change in communities
through wellness; Mind, Body, and
Connections.
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TRADITIONAL PATH TO WELLNESS

4 - WEEK VIRTUAL SERIES



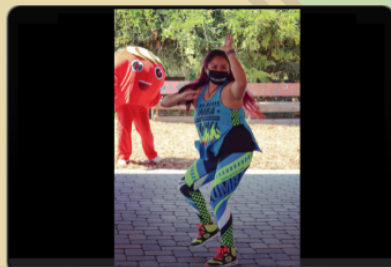
URBAN *Natives*

FREE MOVEMENT & FITNESS WORKSHOP

"URBAN NATIVES LIVING IN BALANCE"

MARCH 15, 2023 | 5:30 PM - 7:00 PM

**WE ARE INVITING AMERICAN INDIAN
AND ALASKAN NATIVE FAMILIES TO JOIN US IN HONORING YOUR RESILIENCE.**



Marissa Hemstreet,
Canoncito Band of
Navajo (Diné)

Fitness Coordinator at the Indian Health Center of Santa Clara Valley Community Outreach and Wellness Department. NAFC Certified Personal Trainer. Teaches each Zumba Gold, Pilates, Youth Hip Hop, Chair Exercise, and Piyo classes. Expertise is the fluidity of body movement, knowing one's limits and working around them.



RSVP: <https://bit.ly/IHCSCV-TPTWMARCH2023>



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DLOPEZ@IHCSCV.ORG 408-445-3400 X2440
COUNSELING - PREVENTION SERVICES



TRADITIONAL PATH TO WELLNESS

4 - WEEK VIRTUAL SERIES



URBAN *Natives*

FREE INDIGENOUS COOKING DEMO

RETURN TO FIRST FOOD LIFEWAYS & MEDICINES

"URBAN NATIVES LIVING IN BALANCE"

MARCH 22, 2023 | 5:30 PM - 7:00 PM

**WE ARE INVITING AMERICAN INDIAN
AND ALASKAN NATIVE FAMILIES TO JOIN US IN HONORING YOUR RESILIENCE.**



**YAZZIE
THE
CHEF**

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**CONTACT: PROJECT COORDINATOR IHUIPAPALLI DAVID LOPEZ
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COUNSELING - PREVENTION SERVICES**



TRADITIONAL PATH TO WELLNESS

4 - WEEK VIRTUAL SERIES



FREE FOOD MINDFULNESS WORKSHOP

"URBAN NATIVES LIVING IN BALANCE"

MARCH 29, 2023 | 5:30 PM - 7:00 PM

WE ARE INVITING AMERICAN INDIAN
AND ALASKAN NATIVE FAMILIES TO JOIN US IN HONORING YOUR RESILIENCE.



Ruben Vargas,
MS, RDN

Indian Health Center
Santa Clara Valley

This workshop will provide
educational activities and
discussions regarding the
little things that we can do
to enhance our eating
experience.



RSVP: <https://bit.ly/IHCSCV-TPTWMARCH2023>



CONTACT: PROJECT COORDINATOR IHUIPAPALLI DAVID LOPEZ
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