

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

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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.
Follow **Family+Indigenize+Thrive** on



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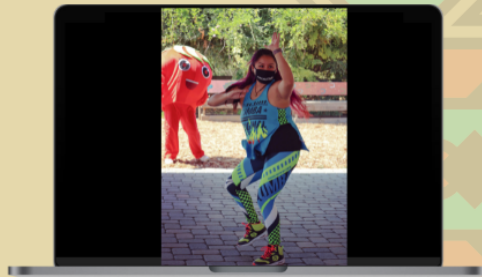
URBAN *Natives*

FREE MOVEMENT & FITNESS WORKSHOP

"URBAN NATIVES LIVING IN BALANCE"

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

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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.



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4 - WEEK VIRTUAL SERIES



URBAN *Natives*

FREE INDIGENOUS COOKING DEMO
RETURN TO FIRST FOOD LEADWAYS & 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.



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



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TRADITIONAL PATH TO WELLNESS

4 - WEEK VIRTUAL SERIES

URBAN *Natives*

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.



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