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Traditional Resources Tech  
CDC Good Health and Wellness  
in Indian Country

# About United Indian Health Services



United Indian Health Services began 47 years ago with a mission of working together with our clients and community to achieve wellness through health services that reflect traditional values of our American Indian Community.



# Reducing obesity related illnesses by promoting physical activity



Healthy eating can be fun...

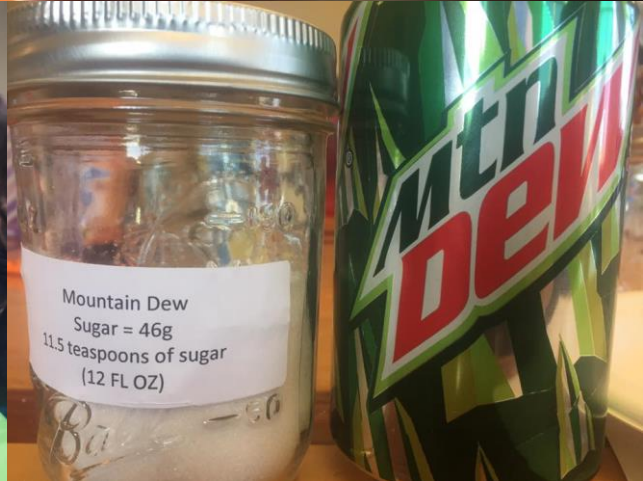




UHS and  
Local Tribes  
Collaborate



# UHS & local Tribes Educate





Promotional materials spread the word!

# UHS & local Tribes host workshops



Garden Fresh All Year Long!

Applesauce  
pickled Beets

Join us for a **COOKING & CANNING** Class  
Blue Lake Rancheria  
Thursday, April 13 10am-3pm

For more info please contact Kella Roberts (707)825-4145  
To RSVP contact Angel Jensen (707)825-4128

Fruit Roll Up Workshop

Learn How to Make Your Own Fruit Roll Ups

Thursday, August 3<sup>rd</sup> 10:00 am-2:00 pm  
Potawot Health Village Boardroom  
Potawot Garden tour included, if time permits  
Lunch Provided

**\*\*\*All Ages Welcome\*\*\***

Questions and RSVP to:  
Shawna Meyer (707) 825-2076 or shawna.meyer@tribe.org

**Planter Box Workshop**

Come learn how to make planter boxes  
Friday, April 7, 2017 10 am -3 pm  
&  
Saturday, April 8, 2017 10 am - 3 pm

UIHS Elk Valley Rancheria  
440 Mathews Rd.  
Crescent City, CA 95531

Our focus is to complete planter boxes for  
Tribal Community Food Gardens.  
If you have cordless power drill with star head, please bring with you!

To RSVP contact: Corina Blakely 707-951-4451 or  
707-465-2630, email: cblakely@elk-valley.com

UIHS and local Tribes Educate

UIHS Potawot  
Community Food Garden  
Presents

**Fruit Tree Pruning  
& Planting Workshop**

Please Join Us!

- Learn how to Prune Fruit Trees
- Learn how to Plant Fruit Trees.
- Snacks and water will be provided.

**Save the Date**

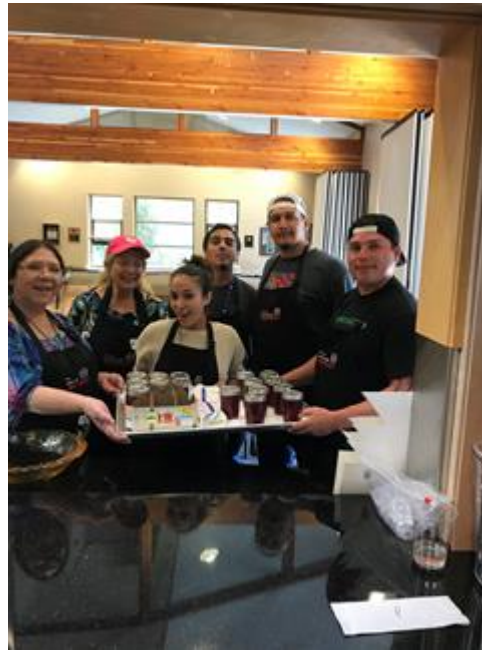
Where: Potawot Community Food Garden  
1600 Weetoy Way, Arcata, CA 95521

When: Friday, February 24, 2017

Time: 10:00 am to 2:00 pm

Please RSVP with Kella Roberts  
707-825-4145 or 707-672-4912

Preserving...  
A traditional  
way of life.



Kosher Dill



Preserving...  
A traditional way of life.





UIHS helps local Tribes learn to grow healthy food





Tribal members  
volunteer in gardens







## STATEMENT ON UIHS AND INTERTRIBAL PLANTER BOX WORKSHOP

Representatives from Big Lagoon and Bear River Rancherias, Wiyot Tribe, combined with United Indian Health Service staff, cultural consultants including master carvers and various other community members, participated in a planter building workshop today, which continues through tomorrow. Today's workshop is an example of an inter-generational, multi-tribal, and community sharing oriented workshop sponsored by UIHS. A continuation of the planter's box workshop will occur tomorrow, Saturday, May 20, 2017, at Bear River Rancheria starting at 10am until supplies are depleted.



United Indian Health Services (UIHS), Community Health and Wellness Division sponsored a multi-tribal "Planter Box Workshop" hosted by and at Bear River Rancheria. United Indian Health Services secured a grant through the Center for Disease Control *Good Health and Wellness in Indian Country*. Under this grant UIHS's project *Health of the Environment = Health of the People* assisted Tribal Governments in conducting community needs assessments which identified various health related needs. The Planter Box workshop is one of a series of workshops, events, and trainings designed to encourage the development of health and wellness projects in Native American communities. Other workshops include cooking and canning, developing community gardens, re-introduction and development of multi-generational and cultural exercise type programs, staying active for independent living (SAIL), canoe paddling workshops, conducting fall risk assessments, designing and implementing diabetes prevention classes, laughing yoga, youth physical activity classes and tobacco education cessation classes.



UIHS and local Tribes attract local media

Funding made possible for the Health of the Environment=Health of the People Project through a 5 year CDC grant *Good Health and Wellness in Indian Country.*

UHS and its consortium of 9 Tribes, Bear River Rancheria, Wiyot Tribe, Blue Lake Rancheria, Big Lagoon Rancheria, Trinidad Rancheria, Elk Valley Rancheria, Resighini Rancheria, Yurok Tribe and Tolowa Dee-ni' Nation thank CDC for the opportunity to bring forth Good Health and Wellness in Indian Country.

