

Community Events

Prime Time Health

Join us for a 4-part series over 5 weeks to Focus on the four pillars of health: Lifestyle, Exercise, Attitude, and Nutrition.

Date: Thursdays, September 11, 18, October 2, 9 & 16

Time: 10:00 am - 12:00 pm

Location: Gibson Clinic 1280 E. Gibson Rd. Woodland.
In the CH/OR Kitchen

Welcome Baby

Discover valuable resources, meet other families, and have fun! Whether you're expecting, have a newborn or have older children, there's something for everyone!

Date: Saturday, September 20

Time: 9:00 am - 12:00 pm

Location: 625 Court St. Woodland, in the parking lot by the Administration building.

Cultural Group

Enjoy a Creative Afternoon of Beading, Socializing, and Refreshments!

Space is limited. Call Outreach to RSVP.

Date: Tuesday, September 23

Time: 10:00 am - 12:00 pm

Location: Gibson Conference Room: 1280 E. Gibson St., Woodland.

Movement Class

Join us for a fun and calming movement class for older adults! This class focuses on improving flexibility, balance, and strength through simple, gentle exercises.

Date: Friday, September 5, 12 & 19

Retinal Screening

There are often no warning signs of diabetic retinopathy. The only way to know is by having your eyes checked. People living with diabetes need to have their eyes checked at least once a year.



Northern Valley Indian Health

NATIVE AMERICAN HERITAGE MONTH CELEBRATION

Beading with Community Health and Outreach.

Refreshments provided.

Gibson Conference Room: 10:00am-12:00pm

TO REGISTER CALL COMMUNITY HEALTH AND OUTREACH AT
Chico (530) 899-5156 | Willows (530) 934-5431 | Woodland (530) 207-5483



Diabetic Retinopathy

Early Detection is Key!

Approximately 1 out of every 3 people living with diabetes has diabetic retinopathy. Screenings are recommended once every year.

Typically, there are no symptoms in the early stages. Talk to your healthcare provider about getting screened today.

NVIH.org/Community-Health-and-Outreach

Chico: (530) 899-5156 | Willows: (530) 934-5431 | Woodland: (530) 207-5483