

Diabetes Department

Ch'ee'la xwii-t'i (hello, everyone)! The Diabetes Department has gone through a lot of changes and growth in the last year and there are more exciting services to come! We wanted to share the department's goals and focus with the membership. The department is composed of four quadrants: the Recreation Center, the Fitness Center, Healthy Traditions and the Diabetes Program that provides medically focused support to diabetics and pre-diabetics. We believe that social connection (recreation), physical health (physical self-care and fitness), access to traditional foods and caretaking of natural resources and knowledge (nutrition), and support services to increase success in managing a diagnosis (medical response) are the pathways to intervening, preventing and supporting the management of diabetes in our community.

SILETZ YOUTH BASKETBALL REGISTRATION

FORMS MAY BE PICKED UP FROM THE REC CENTER, FITNESS CENTER, OR THE FRONT DESK AT THE ADMIN BUILDING.

ALL FORMS MUST BE TURNED IN TO THE REC CENTER, OR FITNESS CENTER.

\$30

1ST-6TH GRADE REGISTRATION WILL BE OPEN UNTIL NOVEMBER 18TH

REC CENTER 541-444-8209
 FITNESS CENTER 541-444-9656
 RICHARDB@CTS.I.NSN.US

We also believe that systems change, meaning reviewing and improving our food systems and support services, is essential in turning around the narrative about type 2 diabetes.

Currently, goals we are tracking internally are:

- Enhance fitness services to include pre-diabetes intervention throughout the 11-county service area
- Provide services that intervene when individuals are pre-diabetic or have uncontrolled diabetes
- Provide prevention-based programming across the lifespan with a critical focus on elders, youth and pre-diabetic adults.

Check out our page next month to meet the team!

FITNESS CLASSES

GET FIT!!!!!!!

TILlicum FITNESS CENTER

Tai Chi:	Monday and Wednesday	10:00am-11:00am
Lets Dance :	Tuesday and Thursday	10:00am-11:00am
Walking:	Monday and Wednesday	9am-10am
Group		9am-10am

Contact: 541-444-9656