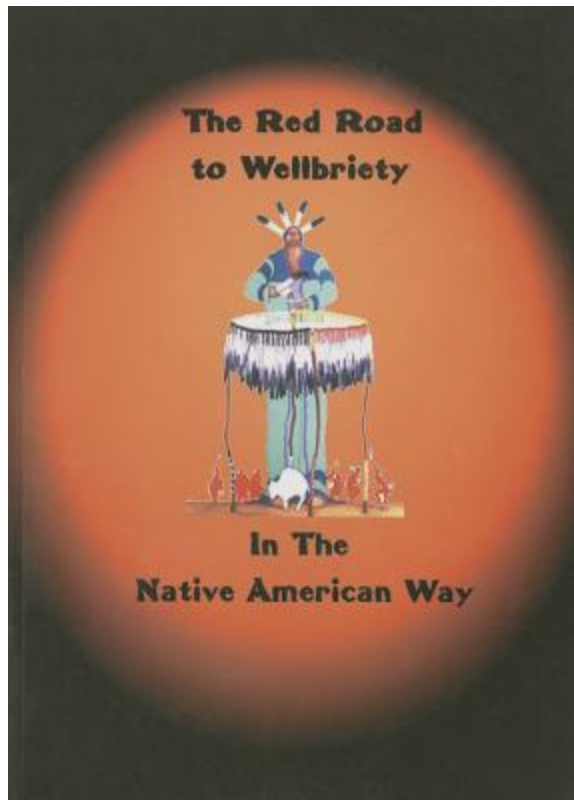


LPWC

Presents:



When: Mondays @2:00pm

Where: Lone Pine Wellness Center

Info: (442) 272-2048

wellness@lppsr.org

Talking Circle

Everyday issues are addressed in a safe & confidential environment to those who participate. Hosted by Bishop Toiyabe Family Services Certified Counselors. The goal is to welcome those who want help addressing their personal situations and better themselves through the teachings of the *Red Road*, as well as Elders & peers life experiences and shares.

Blood Pressure & Healthy Lifestyles

An ACORNS based education in what we can do to prevent Heart Disease and Stroke within the Community. Participants receive a personal blood pressure monitoring device, data recorder.

We discuss what we put in our body to keep healthy levels, what we can do besides medicine and certain foods to help maintain or achieve a healthy level. Addressing blood pressure itself is one of the biggest factors. *1 in 3 U.S. Adults* aren't even aware that they have high blood pressure!

Native Medicine

On occasion Medicine will be taught by Elders & share the ancestors teachings of which it was used.