



Wellness is Traditional

“Culture
Is
Prevention”



February Cultural Sessions: Pine Nuts

Honor Your Traditions, Make Healthy Choices

The mission of the Sacramento Native American Health Center, Inc. is to carry out the legacy of a healthy American Indian and Alaskan Native community based on cultural values delivered through traditional, transformational, innovative, accessible, and self-sufficient systems of health care.

Join us on the following days for a cultural activity and health education topic

February 9th

5:30-7:30pm

February 23rd

5:30-7:30pm

Facilitated by Teresa Le Beau

To RSVP or for additional information contact
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