

CHICO – COMMUNITY CALENDAR



SUN.	MON.	TUES.	WED.	THU.	FRI.	SAT.
		1 Braiding Bear Grass 10:00am – 12:00pm Healthy Steps 5:00 – 6:00 pm	2	3 Healthy Steps 5:00 – 6:00 pm	4	5
6	7	8	9	10	Veterans Day 11	12
National Diabetes Education Week						
		Healthy Steps 5:00 – 6:00 pm	Diabetes Awareness Luncheon 12:00pm – 2:00pm	Healthy Steps 5:00 – 6:00 pm	NVIH CLOSED	
13	14	15 Healthy Steps 5:00 – 6:00 pm	16	17 Retinopathy Screening Day <i>Appointment only</i> Healthy Steps 5:00 – 6:00 pm	18	19
20	21	22	23	Holiday 24 NVIH CLOSED	25 NVIH CLOSED	26 Chico Indian Market 10:00am – 4:00pm Chico Women's Club 592 E. 3 rd Street
27	28	29 Chair Yoga 11:00am - 12:00pm	30	Native America Heritage & Diabetes Awareness Month		

NVIH.ORG/COMMUNITY-HEALTH-AND-OUTREACH

CHICO: 530-899-5156 WILLOWS: 530-934-5431 WOODLAND: 530-207-5483



Northern Valley Indian Health

Native American Heritage Month Celebration

Braiding/Wrapping Traditional Bear Grass



With Danita Quinn, Ponch Fabela, & Lyla Wilson

Chico

Tues., Nov. 1, 2022
10:00am - 12:00pm

Willows

Tues., Nov. 1, 2022
2:00pm - 4:00pm

Woodland

Wed., Nov. 2, 2022
9:00am - 11:00am

To register call, Community Health and Outreach at

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

Diabetic Retinopathy

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

Available
at NVIH

Early Detection Is Key!

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

Come join us for **Braiding Bear Grass** to celebrate
Native American Heritage Month

Group Details:

Tuesday, November 1, 2022

Location: Conference Room

1990 Concord Ave, Chico, CA, 95928

Time: 10:00-12:00pm

In Honor of Diabetes Awareness Month the Community Health &
Outreach team is hosting a **Diabetes Awareness Self Care
Luncheon.**

Group Details:

Wednesday, November 9, 2022

Location: Conference Room

1990 Concord Ave, Chico, CA 95928

Time: 12:00pm – 2:00pm

Healthy-Steps improves physical and emotional well-being
By elevating the quality of life through therapeutic exercise and
movement; healing body, mind, and spirit.

Group Details:

Tuesday's & Thursday's until November 17, 2022

Location: Conference Room

1990 Concord Ave, Chico, CA 95928

Time: 5:00pm – 6:00pm

Chair Yoga: Improve your flexibility, concentration, and strength.
While boosting your mood, and reducing stress and joint strain.

Group Details:

Tuesday, November 29, 2022

Location: Conference Room

1990 Concord Ave, Chico, CA 95928

Time: 11:00am – 12:00pm



Northern Valley Indian Health

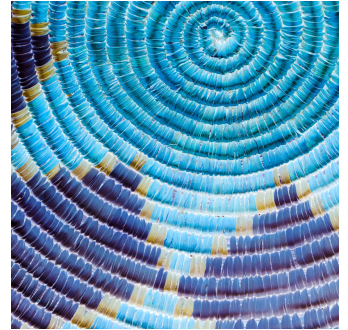
NOVEMBER NEWSLETTER

NATIVE AMERICAN HERITAGE MONTH

Let's celebrate
the rich and diverse culture,
traditions, and contributions of
American Indian &
Alaskan Natives.

Celebrating Heritage

- November is American Indian and Alaska Native Heritage Month. After six decades of efforts to achieve official federal recognition, National Native American Awareness was established in 1976.
- We can celebrate Indigenous people each and every day. Starting with land acknowledgments, supporting community events, buying from Indigenous artists and donating to Indigenous organizations.



Events

Braiding Bear Grass

Facilitated By:

Danita Quinn, Ponch Fabela,
& Lyla Wilson

Chico Area

Tuesday, Nov. 1, 2022

10:00am - 12:00pm

Conference Room

1990 Concord Ave, Chico, CA 95928

Willows Area

Tuesday, Nov. 1, 2022

2:30pm - 4:30pm

Willows Community Event Room

Woodland Area

Wednesday, Nov. 2, 2022

9:00am - 11:00am

Gibson Community Event Room

Chico Indian Market
Saturday, November 26, 2022
10:00am - 04:00pm
Chico Women's Club

November Is Also Diabetes Awareness Month

What is Diabetes?

Diabetes occurs when the body cannot produce or respond to insulin, a hormone that absorbs and uses glucose as fuel for cells. Approximately 30 million Americans have diabetes and another 84 million Americans have pre-diabetes. Through self-management skills and collaboration with health care providers, you can live a healthy, fulfilling, active life while preventing complications.

DEEP



- Join the Community Health & Outreach's Diabetes Education Empowerment Program (DEEP)
- 8 training modules over 6-8 weeks designed to educate and involve patients in their own diabetes journey and management. Call to learn more!

Risk Factors for Pre-Diabetes

- Being 45 years or older
- History of gestational diabetes
- Having a parent or sibling with diabetes
- Having high blood pressure
- Being overweight
- Exercising fewer than 3x/week

