



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

June 2025

Vol. 43

ISSUE 6

WWW.TICENTER.ORG



Here's what has happened in the last month and what's to come!

It feels like the year just started, yet here we are, already halfway through! As we welcome the month of June, we are excited to share the latest updates, events, and stories from our community. Your unwavering support and involvement continue to propel the Tucson Indian Center's mission forward, and we are deeply grateful for your dedication.

June often marks the beginning of summer in many parts of the world, bringing longer days, warmer weather, and a variety of outdoor activities and festivals. This month is also significant for several important awareness campaigns, including Caribbean American Heritage Month, National Men's Health Month, National PTSD Awareness Month, Pride Month, and Child Vision Awareness Month.

I want to express my heartfelt gratitude for your continued support. Together, we are making strides in preserving our heritage and empowering our community. We are looking forward to the upcoming events and hope to see you, your family, and friends there to continue our journey together!

- Summer Youth Camp
 - Men's Day
 - Basketball Camp with Analyss
- (See page 6 for further information.)

Thank you for taking the time to read our newsletter and for being an integral part of our community. Together, we can make a difference and preserve our heritage for future generations.

Please remember to stay connected with us through our website (<https://www.ticenter.org>) and like and follow us on social media to keep up and stay informed of upcoming community events, announcements, and other important information.

Tik Tok:
<https://www.tiktok.com/@tucson.indian.center>

Facebook:
<https://www.facebook.com/tucsonindiancenter/>

Instagram:
<https://www.instagram.com/tucson.indian.center/>

Jacob Bernal/Executive Director

**Office is open
8:00am to 5:00pm,
Monday-Friday**

**TIC will be closed on
June 19th
In observance of the
Federal Holiday, Juneteenth**



In this newsletter you can expect:

Page 1. Executive Director Updates	Page 7. TIC Series to Attend
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Updates & Uplifts



✿ Carrying Mental Wellness Forward

While May spotlighted mental health, many traditions remind us that wellness is lifelong—and deeply connected to balance, community, and the land.

As we move into June, let's carry forward practices that ground us: time in nature, quiet reflection, storytelling, or ceremony. These aren't just habits—they're ways of returning to ourselves.

Mental strength grows through steady care. Keep walking that good road, one step at a time.

🌿 What You Can Do This Month

- Revisit one new habit you started in May—whether it's 10 minutes of daily quiet time, a weekly walk without your phone, or guided meditation.
- Encourage your team, friends, or family to share what helps them reset or recharge.
- Set a personal reminder to pause once a week and ask: "How am I doing, really?"

🌞 Looking Ahead

Mental health is not a finish line—it's a process of ongoing care, reflection, and growth. Let's keep the momentum going this summer.

*Best regards,
Halia Shirley & Alyssa Dreiling
Suicide Prevention, Intervention, Postvention Team*

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
1 Coffee date w/ self 	2 List three things you appreciate about yourself. 	3 At home spa night 	4 Read 2 chapters 	5 Create a playlist of your favorite songs 	6 Watch the night stars 	7 Have a craft night with your friends
8 Look in the mirror and give yourself 3 compliments 	9 Go to the gym with a friend 	10 Color in a coloring book 	11 Write a letter to the emotion you felt all day. 	12 Movie Night 	13 TIC Men's Day Event 	14 Watch the sunrise
15 Father's Day Spend time w/ a father figure 	16 What are three things about summer that make you feel alive. 	17 Get yourself a little gift 	18 Go to the gym & do an arm workout 	19 TIC CLOSED in recognition of a federal holiday Juneteenth 	20 Take a trip 	21 Take photos of a new landscape
22 Go on a picnic with family 	23 Meditate for 10 minutes 	24 Write about a goal you want to achieve by the end of the summer. 	25 Have a healthy meal 	26 Family & friends game night 	27 Go to the gym & do a leg workout 	28 Start a new book
29 Watch the sunset 	30 Sing favorite song 	1	2	3	4	5

Created by Suicide Prevention, Intervention & Postvention Program
520-602-5402

PEDIATRIC SERVICES NOW AVAILABLE

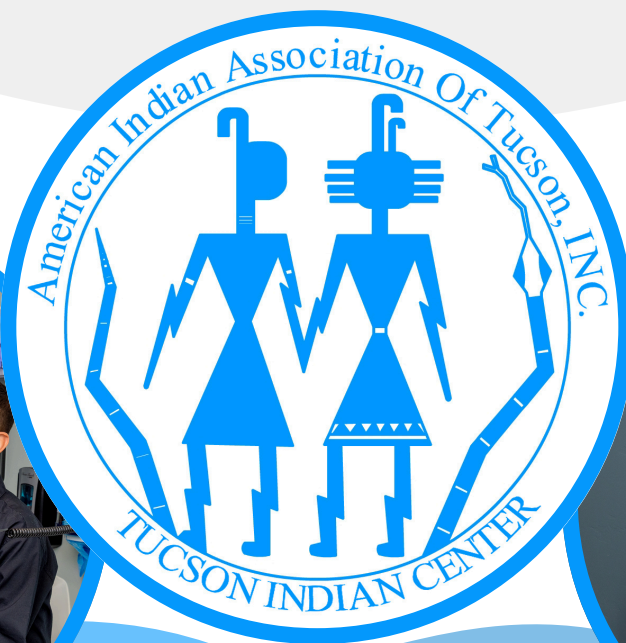
**AT THE
TUCSON INDIAN CENTER
RODNEY W. PALIMO, SR. CLINIC**

SICK/URGENT VISITS FOR ALL AGES

**PREVENTATIVE/WELL VISITS FOR PATIENTS
13-17 YEARS**

**Call to schedule:
520-506-7131**

**Location:
160 N. Stone
Tucson, AZ 85701**



TRANSPORTATION ANNOUNCEMENT

Marcus,

On behalf of all of us at the Tucson Indian Center, thank you for your time, dedication, and commitment as our Wellness Transportation Specialist. Your contributions have made a meaningful impact, and your presence will truly be missed. We wish you all the best as you embark on this exciting new chapter in your career.

To our Tucson Indian Center clients, please know that transportation services will not be affected during this transition. We remain committed to ensuring continued services.

Thank you for choosing our services!
Wellness Department
ticwd@ticcenter.org 520-884-7131

IMPORTANT

Highlights



The Tucson Indian Center is

NOW OFFERING

SATURDAY SUMMER WORKSHOPS

JUNE 7TH - AUGUST 2ND
8:30 AM - 12:30 PM

JOIN US EVERY SATURDAY FOR A SERIES OF
FUN WORKSHOPS AT TIC, 160 N STONE AVE.

ALL AGES WELCOME

**FROM YOGA TO LINE DANCING TO
BEADING, THERE'S SOMETHING FOR
EVERYONE!**

The Tucson Indian Center
PRESENTS

TIC TALKS PODCAST

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COMING SOON

QPR GATEKEEPER TRAINING

REGISTRATION IS REQUIRED

QPR stands for Question, Persuade, and Refer — three easy steps anyone can learn to potentially save someone from suicide. Similar to how CPR and the Heimlich Maneuver save lives, QPR training teaches people to spot warning signs of a suicide crisis and how to intervene by questioning, persuading, and directing someone to the proper help.

**Location: Joe D. Valdez Main Library 101 N Stone Ave,
Tucson, AZ 85701 Tortolita Room**

Dates Available:

Wednesday, August 20th, from 1-3 p.m.

Wednesday, November 19th, from 1-3 p.m.

Need more information or
interested in attending, please contact:

Alyssa Dreiling, Misty Castro, or

Halia Shirley

ticwd@ticcenter.org 520-884-7131

*Let's take a look at
what's happened in
the last month!*

Here's a look at what our Saturday Workshops have looked like in May!

So far, we've hosted 15 engaging workshops, featuring a variety of interactive sessions for all ages and interests. Highlights include:

- Beading sessions that sparked creativity and connection
- Relaxing Reiki and Reflexology to help participants unwind
- Sculpt Dancing for some heart-pumping cardio and leg toning
- Art activities that children especially loved
- Fun Line Dancing classes perfect for beginners
- Yoga sessions that offered moments of calm and mindfulness





Each Saturday has brought joy, movement, creativity, and relaxation to our community!

Missing and Murdered Indigenous People Awareness Run/Walk



In May, the Tucson Indian Center, in collaboration with Indigi Well Being, Alianza, and other community partners, came together to honor our Missing and Murdered Indigenous People (MMIP) across the country. Held at Pima Community College West Campus, the MMIP Run served as a powerful tribute and call to action, uplifting the voices of our loved ones and raising awareness of this ongoing crisis.

 May 3, 2025 

Upcoming Events

YOUTH BASKETBALL CAMP W/ ANALYSS BENALLY

Building skills, resilience, and community through basketball.

Pre-Registration is required. SPACE IS LIMITED, up to 35 participants for the first and second session.

Participants and family can join us Friday, July 11th for Dinner and a movie. We will be showing Rez Ball!

GUEST COACH

Analyss Benally

Professional Basketball Player & actor in Rez Ball Netflix Movie

More Information and registration

Call 520-884-7131 or email hshirley@ticenter.org

July 11th & 12th

**El Pueblo Activity Center
101 W Irvington Rd Building 1,
Tucson, AZ 85714**

3RD-6TH GRADE

Boys & Girls

8:30 AM - 12:00 PM

7TH-12TH GRADE

Boys & Girls

12:30 PM - 4:00 PM



Tucson Indian Center Presents

NATIVE YOUTH SUMMER CAMP 2025

The Tucson Indian Center is excited to announce the 2025 Native Youth Summer Camps for Ages 8 to 17 years old. We will hold Native American workshops & demonstrations. You can connect with friends while learning & having fun! Our main objectives are teaching Native American Culture & Traditions.

Youth Ages 8-12

JUNE 10-13

8:00AM - 4:00PM

Youth Ages 13-17

JUNE 24-27

8:00AM - 4:00PM

**Location: Safford K-8
200 E 13th St**

For registration information, contact Jovon or Angela.
Email: ticwd@ticenter.org
Phone: (520) 884-7131

Light snacks & Lunch provided!

Free camp!

TUCSON INDIAN CENTER

MEN'S DAY EVENT

Be Empowered!

"HONORING ALL INDIGENEOUS MEN GIVING STRENGTH AND EMPOWERMENT."

"All men are encouraged to participate"

We will have:

- Guest Speakers
- Health Education
- Positive Lifestyle
- Social Support
- Fatherhood
- Incentives
- Food
- Raffles

10:00am-2:00pm

June 13, 2025

**RAMADA BY WYNDHAM
777 W CUSHING ST
TUCSON, AZ 85745**

For Information Contact:
Andres Epaloose 520-884-7131 ext. 2317
Marcus Baldenegro 520-884-7131 ext. 2242
ticwd@ticenter.org

TLC Series to Attend!

TRADITIONAL FOOD WORKSHOPS

with Rainbow Lopez

Are you interested in learning about the history, cultural background, and nutrition on different traditional foods? Then you're on the perfect page! This workshop also includes a recipe demo on different traditional foods and is for adults 18 years and older!

There are 30 spots available each workshop! If you are interested in a workshop, please contact Jovon! The schedule for upcoming workshops is to the right, if you have any questions, please do not hesitate to reach out!

Email: ticwd@ticenter.org

Phone: (520) 884-7131, Ext. 2218

LOCATION: TUCSON INDIAN CENTER

TIME: 6:00PM - 7:30PM

WORKSHOP SCHEDULE

FEB-5	APR-16
FEB-19	APR-30
MAR-5	MAY-14
MAR-19	MAY-28
APR-2	JUNE-11

You're Invited! Elder Monthly Luncheon (Native American 55+)

Come enjoy a delicious meal, great company, and an opportunity to socialize with fellow elders. This is a wonderful chance to share stories, spread positivity, embrace our culture, and, most importantly, have a blast together!

Luncheons are held the last Wednesday of every month
Time: 12:00pm - 3:00 pm

To Register call Marlene F. Jose
520-884-7131 x2238

Let's gather, share laughs, and continue to strengthen our beautiful Native American community. We look forward to seeing you there!

DATES:

- JUNE 25, 2025
- JULY 30, 2025
- AUGUST 27, 2025
- SEPTEMBER 24, 2025
- OCTOBER 29, 2025

***NO ELDER
LUNCHEON*
NOVEMBER 2025
DECEMBER 2025**

FOOD CLUB

DELICIOUS FOOD DEMONSTRATION CLASS

COME JOIN US FOR A FRESH WAY
TO PREPARE FOOD AND ENJOY
WHAT YOU CREATED

M E N U



June 4th: Beets so Sweet



June 11th: Dates that Count



June 18th: WILD FOODS



June 25th: Protein Power Bars

Wednesday's at 10:30am at Tucson Indian Center 160 N Stone Ave Tucson 85701, 2nd Floor

NEW CLIENT ORIENTATION

To deliver culturally competent, respectful, compassionate Health, Wellness, and Social Services.

WALK-INS WELCOME AND LEARN ABOUT THE OTHER DEPARTMENTS AND THEIR SERVICES.

- SOCIAL SERVICES DEPARTMENT
- WELLNESS DEPARTMENT
- HEALTH DEPARTMENT

MONDAYS @ 11:00AM-12:00PM >> 1ST FLOOR

TUCSON INDIAN CENTER 160 N stone Ave
520-884-7131 for information

SOBRIETY SUPPORT GROUPS

PLEASE JOIN US IN PERSON AT THE TUCSON INDIAN CENTER

AA Meetings:
Every Friday Mornings
8:30-9:30AM

White Bison: *Native Sisters in Recovery:*
Every Thursday *Every Thursday*
5:30-6:30pm **4:15-5:15pm**

Call or email Christina Luna with any questions or concerns 520-884-7131 or cluna@ticenter.org

NEED A JOB?

We can help!

- Job Network
- Resume Workshops
- Leadership Classes
- Job Readiness Training
- And much more!

Job Club Thursdays 10am-11am

- JUNE 5, 2025: VETERANS ARIZONA @WORKS, JAMES A. BAUTISTA**
- JUNE 12, 2025: HUMAN RESOURCES COORDINATOR, THOMAS BARTKOWSKI**
- JUNE 19, 2025: CLOSED DUE TO FEDERAL HOLIDAY. NO ORIENTATION**
- JUNE 26, 2025: PASCUA YAQUI TRIBE, DANIELL OBREGON HR**

TUCSON INDIAN CENTER RODNEY W. PALIMO, SR. CLINIC

Accepting Same Day Appointments

We are dedicated to providing accessible patient-centered care. Empowering our community to achieve the highest quality health and well-being.

Our Services

- Primary Care
- Behavioral Health
- Outreach & Referrals

Contact Us
520-506-7131
www.ticenter.org

Stella Tarin
starin@ticenter.org

Jerry Romero
jromero@ticenter.org

Renee Urbina
rurbina@ticenter.org

Diaper Bank & Food Bank

Documents Required for DIAPERS:

- State ID or Tribal ID
- Child Birth Certificate or proof of guardianship
- Proof of income or SNAP/AHCCCS Card

Documents Required for FOOD BOX:

- State ID or Tribal ID
- One Food Box per month per family

Location: 160 N Stone Ave Tucson, AZ 85701
 Questions: Please call us at (520)884-7131

Pick Up Schedule

Monday: 11am - 4pm
 Tuesday: 9am - 4pm
 Wednesday: 9am - 4pm
 Thursday: 9am - 4pm
 Friday: 9am - 4pm

Pima C.A.R.E.S. Health Promotion Specialist

Our Core Services

- Assist individuals with a substance use issue to connect with treatment services.
- Assist individuals with locating treatment services for a person with a substance use issue.
- Assist individuals with connecting to support groups.
- Provide Narcan and Fentanyl Testing Kits to the community.

Contact Us
(520)884-7131 Ext. 2301 www.ticenter.org



TLC Activities Update

★ Join Our Amazing Walking Club! ★

Are you ready to get moving and boost your health and well-being? Come join Jose and friends of our Walking Club, where you'll create social connections and friendships, promote healthy mental-wellbeing, and learn about healthy eating choices.

Walking is a fun, easy way to stay fit, reduce stress, and improve your mood, all while making new friends and strengthening your sense of community. Whether you're looking to get active, unwind, or simply enjoy nature, our Walking Club is the perfect opportunity to do so!

Wednesday's Walking Club
at the Tucson Indian Center from
8:30am-10:30am.



*American Heart Association Walk April 26, 2025
Proud of you all!*

Acorn Cookies

Courtesy of Rainbow Lopez



Ingredients:

- 1 cup of Acorn Flour
- 1 ½ cup of Coconut Milk, Buttermilk, or Milk
- 1 Egg
- ¼ cup Melted Butter
- ¾ cup of Monk Fruit Sugar
- 2 tbs Maple Syrup
- 1 ½ cup Flour
- ½ tsp Baking Soda
- ½ tsp Baking Powder
- ¼ tsp Salt
- ½ tsp Vanilla Extract

Instructions:

- Preheat oven to 425 degrees. Grease your oven trays.
- Mix coconut milk with egg, melted butter, maple syrup, and sugar in one bowl.
- In another bowl, mix the dry ingredients: acorn flour, flour, salt, baking soda, baking powder.
- Add both mixtures together. This will mix well in a few whips.
- Bake in the oven for 15 minutes.

COFFEE AND BINGO

Looking for a fun way to spend your Friday mornings?
Join the Tucson Indian Center for Bingo every Friday, 2nd Floor!

10:00AM - 12:00PM

EVERY FRIDAY

160 N STONE AVE - 2ND FLOOR

CANCELLATION

• NO BINGO: June 13 for Men's Day Event

CHAIR ZUMBA!

Every Tuesday & Thursday

UPDATE

**TUCSON INDIAN CENTER
ON THE 2ND FLOOR**

12 PM - 1PM

LET'S GET
Groovy

WORDS OF IMPACT

Thank you for reading!

Summer Youth 2025

Supporting youth mental health during the summer can be especially impactful, as it's a time of transition, less structure, and potential isolation. Here's a mix of practical and encouraging advice you can offer:

Summer Mental Health Advice for Youth

Create a Simple Routine

- **Why:** Structure supports mental stability.
- Advice: Set a regular sleep schedule, include daily goals (even small ones), and build in time for rest, fun, and learning.

Stay Connected

- **Why:** Social connection helps reduce anxiety and depression.
- Advice: Encourage youth to reach out to friends, attend community events, or join a summer camp or hobby group—even if virtual.

Move Your Body

- **Why:** Physical activity boosts mood and reduces stress.
- Advice: Aim for at least 30 minutes of movement a day—walking, biking, dancing, swimming, or even yoga.

Unplug Strategically

- **Why:** Constant screen time can increase anxiety and worsen self-esteem.
- Advice: Suggest digital detox times—like “no phones at meals” or a tech-free hour before bed. Encourage using devices for creativity, not comparison.

Try Something New

- **Why:** Novelty boosts brain health and builds confidence.
- Advice: Start a small garden, learn to cook something, pick up a new book series, or explore a creative outlet like painting or journaling.

Talk About Feelings

- **Why:** Bottling things up can lead to deeper issues.
- Advice: Encourage open conversations. Remind them that it's okay to not be okay—and to talk to someone they trust, whether it's a friend, family member, or counselor.

Practice Mindfulness

- **Why:** Helps manage stress and increases self-awareness.
- Advice: Try simple breathing exercises, meditation apps like Headspace or Calm, or daily gratitude journaling.

Volunteer or Help Out

- **Why:** Helping others builds purpose and reduces negative self-focus.
- Advice: Look for opportunities in local shelters, food banks, or helping neighbors or younger kids.

Watch for Warning Signs

- **Why:** Early signs of mental health challenges can emerge subtly.
- Advice for adults: Watch for changes in mood, sleep, or withdrawal from activities. Be proactive in offering support or professional help.

Make Space for Fun

- **Why:** Joy is a protective factor for mental health.
- Advice: Celebrate the small stuff. Plan mini adventures—picnics, movie nights, sunset walks. Encourage fun without pressure.



Suicide Prevention,
Intervention & Postvention



TUCSON INDIAN CENTER	520-884-7131
www.ticenter.org	160 N. Stone Ave Tucson, AZ 85701

Tucson Indian Center Staff

Executive Director
Jacob Bernal
Chemehuevi

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Client Service Support Specialist
Monique Ugaitafa
Tohono O'odham

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Human Resource Generalist
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Building Maintenance Safety Officer
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Client Service Support Specialist
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Seminole Nation of Oklahoma
Finance Operations Manager
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Accountant Clerk
Claudia Oldman
Navajo

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Laguna Pueblo/Navajo

Health Promotion Specialist
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Tohono O'odham

Transportation Specialist
Vacant

Community Health Representative
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Health Promotion Specialist
Autumn Begay
Tohono O'odham

Health Promotion Specialist
Vashti Solis

Grants & Services Manager
Susan Mulligan

Wellness Case Manager
Christina Luna

Wellness Case Manager
Tanya Rios
Tohono O'odham

Prevention & Education Specialist

Alyssa Dreiling
Prevention & Education Specialist

Halia Shirley
Navajo

Domestic Violence Advocate
Vacant

Wellness Family Health Advocate
Andres Epaloose
Navajo/Hopi/Zuni

Administrative Assistant
Angela Reyes

Native Connections Project Coordinator
Misty Castro

SAMHSA Youth Specialist
Vacant

Community Cultural Specialist Educator
Jovon M. Boling
Navajo

Youth & Community Health Educator
Vacant

Diabetes Prevention Specialist
Jose Duran

Health Department

Health Services Director
Phoebe Cager
Yup'ik

Medical Business Office Manager
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Rarámuri & Guachichil

Admin Assistant
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Navajo

Medical Director
Peter Ziegler MD

Family Physician
Dr. Paul Weintraub

Family Physicians Assistant, PA-C
Juniper Dery-Chaffin

Family Physician
Dr. Joan MacEachen

Pediatrician/Pediatric Consultant
Dr. Marisa Werner

Behavioral Health Therapist
Aurora Ramirez

Family Health Advocate & Community Health Rep
Carolyn Tapia

Medical Billing & Coding Specialist
Vonda Talawepi
Hopi

Medical Record Clerk
Angie Estrella

Medical Assistant
Andi Morgan

COVID - 19 CHR
Rosemary Corella

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Social Services Director
Dylan Baysa
Choctaw

Community Engagement Coordinator
Tasha Labahe
Navajo

Intake & Support Services Case Manager
Jerry R. Romero
Tohono O'odham

Employment & Training Case Manager
Renee Urbina

Employment Case Manager
Estella Tarin

Community Engagement Coordinator & Data Specialist
Natalia Cachora

Native Voice is Published by the American Indian Association of Tucson D.B.A Tucson Indian Center

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**American Indian Association
of Tucson, Inc.
Tucson Indian Center
160 North Stone
Tucson, AZ 85701
Phone: 520-884-7131
Fax: 520-884-0240**

www.ticenter.org

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To enhance leadership, provide advocacy, deliver education, and strengthen the well-being of the people in the greater Tucson Area with emphasis on the Urban Native American Community.

Reminder and Announcements

- **New Client Orientation - Every Monday 11:00am-12:00pm** Contact: Tucson Indian Center
- **Job Club - Every Thursday 10:00am-11:00am** Contact: Tucson Indian Center
- **2 Spirit of Tucson - June 9th @ 5:30 pm—7:00 pm** Contact: Marlene F. Jose
- **Native Sisters in Recovery - Thursdays (06/05, 06/12, 06/19, 06/26) @ 4:15pm—5:15pm**
Contact: Wellness Case Managers **Location: Tucson Indian Center**
- **White Bison Recovery Group - Thursdays (06/05, 06/12, 06/19, 06/26) @5:30 pm—6:30pm**
Contact: Wellness Case Managers **Location: Tucson Indian Center**
- **AIIR (American Indians in Recovery) AA Mtgs. - Fridays (06/06, 06/13, 06/20, 06/27)
@ 8:30 am - 9:30 am,** Contact: Wellness Case Managers **Location: Tucson Indian Center**
- **Native Youth Coalition - @4PM - 6PM, Wednesdays (06/04, 06/11, 06/18, 06/25)**
Contact: Ramon Maldonado Jr.
- **Coffee & Bingo - Every Friday, 10:00am-12:00pm** Contact: Tucson Indian Center
Location: Tucson Indian Center
- **Walking Club - Wednesdays (06/04, 06/11, 06/18, 06/25) @8:30am-10:30am**
Contact: Jose Duran
- **Chair Zumba/Yoga- Tuesdays & Thursdays 12pm -1pm** Contact: Jose Duran
Location: Tucson Indian Center
- **Elder Monthly Luncheon: June 25, 2025, 12pm-3pm** RSVP with Marlene F. Jose

**PLEASE REFER TO OUR WEBSITE & SOCIAL MEDIA FOR ALL FLYERS AND ANNOUNCEMENTS.
(REFER TO PAGE 1 FOR SOCIAL MEDIA)**

We are happy to share the monthly Native Wellness Voice with you. If you would like to receive an electronic copy or if you experience any problem related to this mailing, such as receiving more than one copy or the wrong name, please contact Susan Mulligan at (520) 884-7131 ext. 2232 or vboone@ticenter.org.