



# TUCSON INDIAN CENTER NATIVE WELLNESS VOICE



March 2025 Vol. 43 ISSUE 3 WWW.TICENTER.ORG



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

Tucson Indian Center  
**OPEN HOUSE!**  
**MARCH 1ST!**  
**10AM-2:20PM!**

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

As March arrives, we are delighted to welcome you and your family to the Tucson Indian Center. Our commitment to empowering Tucson's Indigenous community is at the heart of everything we do. We offer a wide range of programs and services designed to support and uplift our community members. We look forward to seeing you and sharing this journey together. We truly appreciate you taking the time to read our monthly newsletter.

The month of March has many awarenesses. For example Nutrition Awareness promotes healthy eating and good nutrition; Women's History Month highlights the contributions of women throughout history; HIV/AIDS Awareness for Women and Girls reminds us about the unique health needs in this area for this population; Brain Injury Awareness Month educates us on traumatic brain injuries and provides resources for service members, veterans, and their families; Developmental Disabilities Awareness Month recognizes the contributions of people with intellectual and developmental disabilities; Colorectal Health Awareness Month raises awareness about colorectal cancer screening and treatment/intervention; and National Multiple Sclerosis (MS) Education and Awareness Month raises awareness how MS can damage nerve tissues connecting to the brain.

The Tucson Indian Center is excited to invite you to the following upcoming events:

- Spring Break Day Camps
- National Native HIV/AIDS Awareness Day
- 2025 Spring Social Pow Wow
- Family Movie Night

(Refer to pages 5 & 6 for more information)

Let's make the most of these opportunities together and create wonderful memories. We can't wait to see you and share these experiences with you, your family, and friends! Have a great month of March! Wishing you a month full of new opportunities and happiness!

Enjoy our Newsletter and don't forget to follow us on social media to stay updated on our upcoming exciting events and announcements!

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

### In this newsletter you can expect:

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# Hello SPRING!



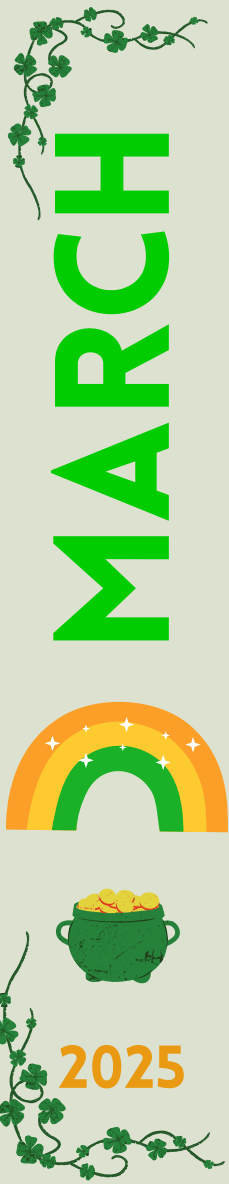
The days are getting longer, and nature is waking up from its winter rest—what a beautiful time to embrace the fresh start of spring! Whether you're planting your favorite flowers, growing your own vegetables, or simply enjoying the peaceful rhythm of nature, this season offers a chance for renewal.

Here are a few gardening tips to help your spring blooms thrive:

1. Start with Healthy Soil – Test your soil’s pH and add compost or organic matter to keep it nutrient-rich and well-draining.
2. Choose the Right Plants – Consider your climate and space. Opt for native plants or those that suit your garden’s conditions to ensure they thrive!
3. Water Smartly – Water your plants early in the morning to reduce evaporation. Remember, it’s better to water deeply and less frequently than to water lightly every day.
4. Mulch, Mulch, Mulch – A good layer of mulch will help retain moisture, keep weeds at bay, and regulate soil temperature.
5. Prune Regularly – Keep your plants healthy by removing dead or damaged branches to encourage new growth.

Let’s celebrate the joy of nurturing new growth and watching our little seedlings bloom into something special. Here’s to a season full of fresh beginnings, vibrant colors, and plenty of time in the garden.

May your green thumb flourish, and your garden thrive like never before!



SUN	MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28	1 Go to TIC Open House
2 Tucson Subaru Pets of Pima Parade & Friends of PACC Festival	3 Go to the gym	4 What is one positive change you'd like to cultivate in your life this month	5 Start a new book	6 Child & Family Resources Domestic Violence Fair	7 Digital detox	8 Self Care Day
9 If you could learn one new skill this month, what would it be and why?	10 Do 10 minutes of yoga	11 Cook a new recipe	12 TIC Inside Out Family Movie Night	13 Go to the gym	14 Go for a nature walk	15 Go to Book Festival
16 Go to Book Festival	17 Happy St. Patrick's Day	18 Go to the gym	19 TIC Elder Enrichment Circle	20 Read a chapter	21 TIC HIV/AIDS Awareness Event	22 4th Ave Street Fair
23 Go to Thunderbird Show	24 Read a 2 chapters	25 Call a loved one	26 Take a warm bath with essential oils	27 Have a game night	28 Self Care Night	29 Go to the gym
30 Self Care Day	31 What is one thing you want to forgive yourself for this month?	1	2	3	4	5

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



# TUCSON INDIAN CENTER RODNEY W. PALIMO, SR. CLINIC

**NOW ACCEPTING  
NEW PATIENTS**



## **WALK-INS WELCOME**

-  **Primary Care**
-  **Vaccines**
-  **Physical Exams**
-  **Referrals**
-  **Behavioral Health Therapy**
-  **Medication Management**
-  **Disease Prevention**
-  **Health Screenings**



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

## **35th Diversity Career Fair**

This year the Tucson Indian Center celebrated its 35th anniversary of the Southern Arizona Indian Workforce Development Council's Diversity Career Fair. Hosted by the Desert Diamond Casino on January 29th, we took another great step forward in fostering diversity and expanding workforce opportunities in our community.

This event brought together job seekers and community employers for an opportunity to connect, network, and interview. We proudly served 180 job seekers and welcomed 30 community employers, showcasing a broad range of career opportunities. During the event 13 resumes were submitted, and 55 on-the-spot job interviews were conducted, providing great opportunities for immediate employment. The event was a great success! The Career Fair continues to provide a great platform for connecting job seekers and employers.



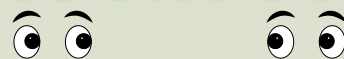
We want to thank all participants, employers, attendees, and the Southern Arizona Indian Workforce Development Council for their hard work in making this event a success. Stay tuned for future events and initiatives that continue to support workforce development in Southern Arizona!

## **Sober Sweetheart Dance Update**

Thank you to everyone who attended the Tucson Indian Center's "Sober Sweetheart Dance." This event was all about celebrating love, connection, and being fully present in the moment. Whether you came with a partner, friends, or on your own, it was a space to share joy, laughter, and build meaningful connections that come from embracing sobriety. The evening featured dancing, drumming, and a round dance, making it an unforgettable experience. We were honored to have Dominique Henry as our guest speaker, who shared valuable insights on diabetes, as well as the speakers who shared their inspiring journeys to sobriety. A huge thank you to our community and staff for joining us and making this event a truly successful and enjoyable celebration!



# SOMEONE SAY DAY CAMP?



For the month of March, Tucson Indian Center has a spring break event for your kids! Register to join us at these two spring break day camps with sessions of telescoping and archery!

## Upcoming Events

### CAMP SESSION 1\*

MARCH 12TH  
8:00AM - 4:00PM

FLAUNDRAU SCIENCE CENTER AND  
PLANETARIUM & MORE!

NATIVE AMERICAN YOUTH AGES 8-17

\*TUSD, Sunnyside USD & others!



LOOK OUT!

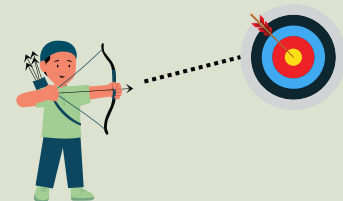
### CAMP SESSION 2\*

MARCH 20TH  
8:00AM - 4:00PM

TUCSON MOUNTAIN PARK ARCHERY  
RANGE & MORE!

NATIVE AMERICAN YOUTH AGES 8-17

\*Amphitheater USD, Flowing Wells USD & others!



SPRINGBREAK?

Drop-off & pick-up at Tucson Indian Center!

\*Youth must attend session for their respected school break.

CONTACT JOVON!

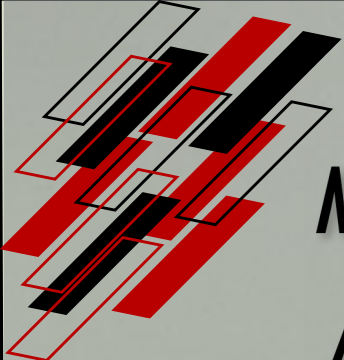
(520) 884-7131 EXT 2218

ticwd@ticcenter.org



The Native Youth Coalition is a group of young talented individuals who take the initiative in meaningful ways to support cultural preservation, personal development, and community engagement. While taking the lead to learn about the negative side effects of tobacco and teach their fellow youth about the importance of tobacco prevention. The Coalition was created with the purpose of giving Native Youth the chance to come together and share wellness ideas, learn leadership skills and impact their communities. The coalition focuses on the prevention and education of substance abuse, tobacco, and drug abuse prevention, as well as teaching its members to stay healthy in body, mind, and spirit. The Native Youth Coalition Group will continue to take place throughout March, every Wednesday on 03/05, 03/12, 03/19, 03/26 from 4PM - 6PM.

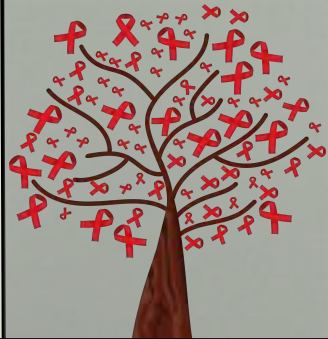
Contact Jr to sign up for the Youth Coalition!  
Ph:520-884-7131 Ext. 2248 Email: rmaldonadojr@ticcenter.org



## “Know your status” NATIONAL NATIVE HIV/AIDS AWARENESS DAY

MORE INFORMATION?  
Contact Marlene F. Jose  
mjose@ticcenter.org  
520-884-7131

Friday, March 22nd  
11:30am-3:00pm  
Donna Liggins Center  
2160 N 6th Ave, Tucson, AZ 85705  
Outside Basketball Court



SPEAKERS! VENDORS!  
MUSIC! FOOD!





# Upcoming Events Continued

## COFFEE AND BINGO



Looking for a fun way to spend your Friday mornings?

Join the Tucson Indian Center for Bingo every Friday on the 2nd floor.

EXCITING PRIZES!



FREE FOOD!



SOCIAL EVENT!

10:00AM - 12:00PM

EVERY FRIDAY

160 N STONE AVE - 2ND FLOOR

Join Us!

For More Information Call Jaden  
(520) 506-7131 ex. 2316

# Save the Date! 2025 Spring Social Pow Wow

Saturday, April 19, 2025  
University of Arizona

For questions and more information please contact:  
Jovon Bolling - [jbolling@ticenter.org](mailto:jbolling@ticenter.org) or  
Julian Juan at [Julianjuan@arizona.edu](mailto:Julianjuan@arizona.edu)



Photos by Trinity Norris

## Family Movie Night: Inside Out 1 & 2

Join us for a family-friendly event featuring screenings of the movies **Inside Out** and **Inside Out 2**, in which we'll explore emotions and mental health themes.



The first Movie of Inside Out will be showing on March 12, 2025 on the 2nd floor of Tucson Indian Center, starting at 4PM-7PM

**Ages 6 and older**

Bring a pillow/blanket for comfort  
Chairs & snacks provided

Pre-register with Alyssa or Halia at 520-884-7131 or email [ticwd@ticenter.org](mailto:ticwd@ticenter.org)

# Workshops to Attend!

## BUILDING STRONGER BONDS: COUPLES WORKSHOP

Our couple's workshop will finish off, continuing into March! Join us for an enriching and empowering workshop designed to help couples grow closer and strengthen their connection:

What to expect:

- Interactive exercises to improve communication and empathy
- Practical exercises and tips to use daily
- Learn what your love languages are and how to use them

Tuesdays @ 4-6 pm  
Feb. 25  
Mar. 4

Weekly Raffle drawings that include fun prizes  
\*Open to all couples\*

Located at:  
Tucson Indian Center  
1st Floor Conf. Rm.  
160 N. Stone Ave.  
Tucson Az, 85704

For more information contact :  
Tasha L. | tlabaha@ticenter.org | 520-884-7131 ext. 2306

## 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

<del>FEB 5</del>	APR 16
<del>FEB 19</del>	APR 30
MAR 5	MAY 14
MAR 19	MAY 28
APR 2	JUNE 11

## WELLNESS SERIES WITH SHRADDHA

Looking for a relaxing time to learn different healthy coping skills, breathing techniques, and mindfulness exercises? Register for our Wellness Series with Shraddha in which tools for your toolbox are introduced!

Starting April 2nd

"Tools for your toolbox"

"Tools for your toolbox"

"Tools for your toolbox"

Registration is **REQUIRED**

TIME: 5PM - 6PM

LOCATION TUCSON INDIAN CENTER 2ND FLOOR

MORE INFORMATION OR QUESTIONS  
CALL SPIP AT 520-884-7131 OR EMAIL  
TICWD@TICENTER.ORG





# TLC Services Update

## 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.

**JOIN US**

- 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: Every Thursday 5:30-6:30pm  
Native Sisters in Recovery: Every Thursday 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

- ✓ MARCH 6, 2025: AZ@WORKS, GUADALUPE GRAY
- ✓ MARCH 13, 2025: NESCO RESOURCE, TASHA FLORES, LEAD RERUITER
- ✓ MARCH 20, 2025: HSL PROPERTY MANAGEMENT, PAULA CELAYA, LEAD RECRUITER
- ✓ MARCH 27, 2025: PIMA COUNTY, THOMAS BARTKOWSKI, HUMAN RESOURCES COORDINATOR



Stella Tarin  
starin@ticenter.org

Jerry Romero  
jromero@ticenter.org

Renee Urbina  
rurbina@ticenter.org

Quit



Smoking

Today



Freedom from Smoking: 8 week session. All Classes will be held at the Tucson Indian Center. Start Date: February 18th, 2025



- Time: 5:30pm - 7:00pm
- Date: 3/4/25 Session 3
  - Date: 3/11/25 Session 4
  - Date: 3/13/25 Session 5
  - Date: 3/18/25 Session 6
  - Date: 3/25/25 Session 7
  - Date: 4/1/25 Session 8

FOR MORE INFORMATION PLEASE CONTACT CHRISTINA LUNA OR RAMON MALDONADO JR. AT 520-884-7131. YOU CAN ALSO EMAIL US AT ticwd@ticenter.org

## DIAPER AND FOOD BANK



Hours

Requirements

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

Diaper Bank:  
-Driver's License or Tribal ID  
-Child's birth certificate or proof of guardianship  
-Proof of income

\*\*Hours subject to change

Food Bank:  
-Driver's License or Tribal ID



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



# Elk Stew with Tepary Beans

With only a few ingredients and minimal prep work, this recipe is perfect for the busy Holiday season. Simply prep your ingredients and throw it all in a crockpot, wait a few hours and it's ready to enjoy!



## What will you need:

- 1 POUND OF ELK MEAT INTO SMALL CUBES (CAN SUBSTITUTE WITH MEAT OF CHOICE)
- 1 CHOPPED GREEN BELL PEPPER
- 1 CHOPPED BUNCH OF GREEN ONIONS
- 3 CUPS CHICKEN BROTH OR GAME BROTH
- 1 CLOVE GARLIC, CHOPPED
- 1 BUNCH OF CELERY, CHOPPED
- 2-3 TSP OF SEKA HILLS OLIVE OIL

## Steps for prep:

1. HEAT 3 TBSP OIL OVER MEDIUM HEAT. WHEN HOT (6-8 MINUTES) ADD VEGETABLES AND ELK TO PAN. SEASON WITH PEPPER (AND SALT IF YOU LIKE)
2. SAUTEE ELK, BELL PEPPER, ONIONS, JALAPENOS, SPICES WITH THREE TABLESPOONS OF VEGETABLE OIL.
3. AFTER MEAT IS BROWNED AND VEGETABLES ARE SOFT, PLACE IN CROCK POT WITH BEANS AND CHICKEN BROTH.
4. SLOW COOK ON HIGH 8-10 HOURS. LONGER IS BETTER. CHECK EVERY FEW HOURS TO SEE IF YOU NEED TO ADD MORE LIQUID.

# WORDS OF IMPACT

In today's fast-paced, technology-driven world, we've become increasingly tethered to our devices, often prioritizing screen time over real-world interactions. This constant connection can lead to a range of issues, from decreased face-to-face communication skills to mental health challenges like anxiety and burnout. By reducing our reliance on devices, we can reclaim meaningful moments with loved ones, foster creativity, and improve our overall well-being. Taking time away from screens allows us to reconnect with ourselves and the world around us, promoting a more balanced and fulfilling life.

*Thank you for reading!*

## **Set Boundaries for Screen Time**

- **Schedule breaks:** Set specific time blocks for checking your phone or social media. For example, check it only after finishing a workout or after reading for a set amount of time.
- **Use Apps for Focus:** Consider using apps like Forest or Focus@Will that help you stay off distractions or set "Do Not Disturb" modes during certain hours to focus on activities like training or reading.

**Clarity over Clutter:** Every minute spent mindlessly scrolling is a minute taken away from you—from your growth, your creativity, your passions. You have the power to reclaim that time and pour it into things that build up

**Momentum Starts Small:** Every hobby, every interest, every spark of curiosity starts with a single step. Don't wait for the perfect moment or the right mood - just start, and the momentum will follow. A little effort today leads to a bigger, more fulfilling tomorrow.

**Reignite Your Spark:** That passion, that excitement for your hobbies, is still within you. Sometimes it just needs the right space to breathe. Getting involved in what excites you isn't just a goal; it's a journey back to the you that's full of energy and life.

**Focus on What Feels Good:** The world is full of distractions, but what you choose to engage with should bring you peace, joy, or challenge. Make your time spent online intentional, but carve out space for what truly nourishes your soul

**Create, Don't Consume:** Instead of letting endless feeds dictate your mood, turn the tables. Be the one who creates, whether it's writing, painting, learning a new skill, or simply diving deeper into something that excites you. You are more than what you scroll through. You are a creator.

**Consistency is Key:** It doesn't take perfection, just progress. Take a little bit of time each day for the things you care about, and soon it becomes part of who you are.



<b>TUCSON INDIAN CENTER</b>	<b>520-884-7131</b>
<b><a href="http://www.ticenter.org">www.ticenter.org</a></b>	<b>160 N. Stone Ave Tucson, AZ 85701</b>



## Tucson Indian Center Staff

*Executive Director*

**Jacob Bernal**

Chemehuevi

*Executive Assistant*

**Yolanda Valenzuela**

Pascua Yaqui

*Client Service Support Specialist*

**Monique Ugaitafa**

Tohono O'odham

*Operations Director*

**Michael Mulligan**

*Human Resource Generalist*

**Jorge Molina**

*Building Maintenance Safety Officer*

**Jackie Shemesh**

*Client Service Support Specialist*

**Rosa Duarte - Espinoza**

*Finance Director*

**Michael E. Spotted Wolf**

Seminole Nation of Oklahoma

*Finance Operations Manager*

**Rajiv Ranjan**

*Staff Accountant*

**Honey Ignacio**

Tohono O'odham

*Accountant Clerk*

**Claudia Oldman**

Navajo

## Wellness Department

*Wellness Director*

**Veronica Boone**

Laguna Pueblo/Navajo

*Health Promotion Specialist*

**Marlene F. Jose**

Tohono O'odham

*Transportation Specialist*

**Marcus Baldenegro**

*Community Health Representative*

**Marcella Delgado**

Tohono O'odham

*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*

**Vacant**

*Prevention & Education Specialist*

**Alyssa Dreiling**

*Prevention & Education Specialist*

**Halia Shirley**

Navajo

*Prevention & Education Specialist*

**Vacant**

*Wellness Family Health Advocate*

**Andres Epaloose**

Navajo/Hopi/Zuni

*Native Connections Project Coordinator*

**Misty Castro**

*SAMHSA Youth Specialist*

**Loretto Maldonado**

Pascua Yaqui

*Administrative Assistant*

**Vacant**

*Community Cultural Specialist Educator*

**Jovon M. Boling**

Navajo

*Youth & Community Health Educator*

**Ramon Maldonado Jr.**

Pascua Yaqui

*Diabetes Prevention Specialist*

**Jose Duran**

## Health Department

*Health Services Director*

**Phoebe Cager**

Yup'ik

*Medical Business Office Manager*

**Katrina Rodriguez**

*Grants & Services Manager*

**Adam Fernandez**

Rarámuri & Guachichil

*Admin Assistant*

**Jaden Hale**

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*

**Crysta Duarte - Espinoza**

*COVID - 19 CHR*

**Rosemary Corella**

*COVID - 19 CHR*

**Andi Morgan**

## Social Services Department

*Social Services Director*

**Dylan Baysa**

Choctaw

*Intake & Support Services Case Manager*

**Jerry R. Romero**

Tohono O'odham

*Employment Case Manager*

**Estella Tarin**

*Community Engagement Coordinator*

**Tasha Labahe**

Navajo

*Employment & Training Case Manager*

**Renee Urbina**

*Community Engagement Coordinator*

*& Data Specialist*

**Natalia Cachora**

## **Tucson Indian Center Board of Directors**

*Chairman*

**Alexander Lewis**

Tohono O'odham

*Vice Chairman*

**Mark Bahti**

*Treasurer*

**Melisa Cota**

Tohono O'odham

*Board of Directors*

*Secretary*

**Amalia Reyes**

Pascua Yaqui

*Board of Directors*

*Member*

**Yolanda Molina**

Pascua Yaqui

## **Tucson Indian Center Advisory Council**

**Olivia Villegas - Liston**

Tohono O'odham

**Christine Nelson**

Navajo



www.ticenter.org

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

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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 - March 10th @ 5:30 pm—7:00 pm** Contact: Marlene F. Jose
- **Native Sisters in Recovery - Thursdays (03/06, 03/13, 03/20, 03/27) @ 4:15pm—5:15pm**  
Contact: Wellness Case Managers *\*Location: Tucson Indian Center\**
- **White Bison Recovery Group - Thursdays (03/06, 03/13, 03/20, 03/27) @5:30 pm—6:30pm**  
Contact: Wellness Case Managers *\*Location: Tucson Indian Center\**
- **AIIR (American Indians in Recovery) AA Mtgs. - Fridays (03/07, 03/14, 03/21, 03/28)  
@ 8:30 am - 9:30 am,** Contact: Wellness Case Managers *\*Location: Tucson Indian Center\**
- **Native Youth Coalition - @4PM - 6PM, Wednesdays (03/05, 03/12, 03/19, 03/26)**  
Contact: Ramon Maldonado Jr.
- **Coffee & Bingo - Every Friday, 10:00am-12:00pm** Contact: Tucson Indian Center  
*\*Location: Tucson Indian Center\**
- **Walking Club - Wednesdays (03/05, 03/12, 03/19, 03/26) @8:30am-11:00am** Contact: Jose Duran
- **Chair Zumba/Yoga- Mondays & Wednesdays, 12pm-1pm** Contact: Jose Duran  
*\*Location: Tucson Indian Center\**
- **Elder Monthly Luncheon March 26, 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.