



Toiyabe Indian Health Project
52 Tu Su Lane, Bishop CA 93514

TOIYABE
INDIAN HEALTH PROJECT

PRESS RELEASE

FOR RELEASE: **April 19, 2016**

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SPRING INTO HEALTHY HABITS AT THE FIRST ANNUAL NASÜWÜNÜ-TI HEALTH FAIR

The Toiyabe Indian Health Project invites you to the first annual Nasüwünü-ti Health Fair on Saturday, May 14, 2016 from 9am – 1pm at their Bishop Clinic located at 52 Tu Su Lane. The event is free for all ages and all are welcome to attend.

“Nasüwünü-ti in Paiute means gathering,” says Karen Howard, Diabetes Case Manager at Toiyabe. “We want to gather together to promote health and wellness in our community.”

Interactive activities include free screenings for blood pressure, cholesterol, body mass index, and blood glucose; making smoothies on the bike blender; planting a tomato; learning about and signing up for health insurance; and games, music, and raffles. There will also be 20 informational booths highlighting services offered by Toiyabe as well as health information from county-wide agencies and other community health organizations. As you visit each booth, get your passport stamped to win fantastic prizes! There is fun for the whole family!

“We hope to spread awareness and improve the health of our community by promoting the services and resources available at Toiyabe and partner health agencies that the community can take advantage of,” said Serena Johnson, Project Coordinator with the Community Wellness Program at Toiyabe. “Our health fair includes activities that will help individuals and families recognize that they have control over everyday actions and choices that affect their health. We encourage the whole community to come join in the excitement of living a healthy lifestyle.”

In addition to the participating Toiyabe departments, organizations with booths and activities include Mammoth Hospital, Master Food Preservers, Big Pine Wellness Center, Owens Valley Career Development Center Career Education, Language Program, and Tribal TANF programs, Northern Inyo Hospital, Inyo County Health & Human Services, Relief After Violent Encounters, and the California Telephone Access Program.

The mission of Toiyabe Indian Health Project is to improve and establish programs, policies and actions which focus on developing and maintaining healthy individuals, families and Indian communities. More information on Toiyabe can be found at <http://www.toiyabe.us/>.