

# Wellness Garden and Trail Walk

## Date of Event

**Saturday, September 21**  
**10:00 AM – 2:00 PM**

## Held at

Karen I. Fryberg  
Tulalip Health Clinic Wellness  
Garden and Trail

## Activities

**10:00 AM** Wellness Trail Walk  
**10:30 AM** Garden and Trail Activities  
**12:30 PM** Lunch Served

Father Pat  
Twohy will be  
joining us for  
our last garden  
day of 2019.



## What Our Elders Teach Us

If you, too, can come to love this land as our ancestors did,  
all the problems in your life will fall away like autumn leaves  
in the wind.

## Who Can Attend These Gatherings

All Tulalip Tribal members, all patients of the Karen I. Fryberg  
Tulalip Health Clinic and employees of Tulalip Tribes are  
welcome to participate in this family-focused activity.

## Contact Information

Veronica "Roni" Leahy, *Diabetes Program Coordinator*, 360-716-5642  
Natasha Gobin, *Lushootseed Language Teacher*, 360-716-4499

