

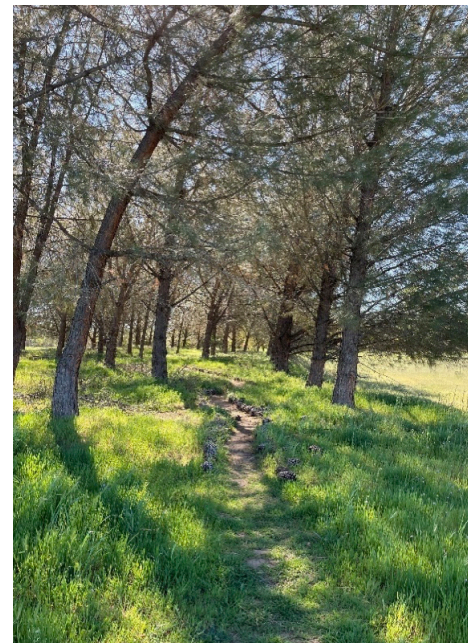
# GREENVILLE RANCHERIA

## Greenville Rancheria's Walking Group.

Chronic diseases, such as diabetes and heart disease, are affecting Indigenous people at staggering rates. By expanding physical activity as a part of community lifestyle, we feel this is an important element of wellness and can be utilized to reverse chronic disease. Walking can offer numerous health benefits to people of all ages and fitness levels. It may also help prevent certain diseases and even prolong life.

"Just Move It" is a national walking campaign designed to get indigenous people moving. Greenville Rancheria has started a walking group; we meet at the Diversion Dam in Red Bluff every Tuesday at 9:30 am starting at the Shasta View Trail head parking lot. Each person is welcome to walk at their own pace and utilized the various benches along the path. Come enjoy the beautiful scenery, fresh air, and the plentiful sounds of nature. To learn more about this national program visit [www.justmoveit.org](http://www.justmoveit.org).

If you are interested in joining the Walking Group, please call Melanie FSS/CHR or Andrea Hamilton MS/RDN at 530-528-8600. Group open to Native and Non-Native Community members.



### HEALTH PROGRAMS

FAMILY PRACTICE

PEDIATRICS

MEDICAL FACILITIES

DENTAL FACILITIES

MEDICAL TRANSPORT WITHIN PLUMAS

AND TEHAMA COUNTIES

COMMUNITY HEALTH REPRESENTATIVES

INDIAN CHILD WELFARE WORKER

DIABETES SERVICES

MENTAL HEALTH SERVICES

DRUG, ALCOHOL AND FAMILY COUNSELOR

ADDICTION AND MEDICATION-ASSISTED TREATMENT

8 SUB-SPECIALTIES:

WOMEN'S HEALTH, INTERNAL MEDICINE,

ORTHOPEDICS, PHYSICAL THERAPY,

PSYCHIATRY, CARDIOLOGY,

PULMONOLOGY AND PAIN MANAGEMENT

RED BLUFF \*TRIBAL HEALTH CENTER 1425 MONTGOMERY ROAD 528-8600 - DENTAL CLINIC 343 OAK STREET 528-3488

GREENVILLE\* MEDICAL CLINIC 284-6135 - DENTAL CLINIC 284-7045 410 MAIN STREET

Se Habla Espanol

PARTICIPATING IN  
COVERED CALIFORNIA  
AND MEDI-CAL  
MANAGED CARE

AS A COURTESY, WE  
WILL BILL MOST INSURANCES

NATIVES  
AND NON-NATIVES

Open for Walk-ins. 8am - 5pm.  
Medical - Dental Monday - Saturday  
8am-5pm

*Call clinics first to confirm hours of  
operation due to the COVID-19 pandemic.  
Now our Red Bluff and Greenville Dental  
is open*