

# "Journey to Wellness"

## A Celebration of Resiliency

Free Family Event!

- Bird Singing
- Speakers
- Arts and Crafts
- Wellness Info
- Pill Take Back
- Food
- Rincon Storytellers

Walking in Balance  
2k Walk

9:30am Registration  
10:00am Start

\*Artwork by Shane Ward

"EMPOWERING NATIVE WELLNESS"

**WHEN: Wednesday April 12, 2017**

**TIME: 9:30am-4:00pm**

**WHERE: Indian Health Council, Inc.**

**50100 Golsh Rd. Valley Center, CA 92082**

**CONTACT: Health Promotions Services 760-749-1410 X 5279**

[WWW.INDIANHEALTH.COM](http://WWW.INDIANHEALTH.COM)

PREVENTION & EARLY INTERVENTION PROGRAM

FUNDED BY THE COUNTY OF SAN DIEGO HHS MENTAL HEALTH SERVICES ACT

See other side





# RX DISPOSAL AT IHC

April 12, 2017 11:00am-12:00pm

Are you unsure what to do with your old medications? Come bring your unused, unwanted, or expired prescription medications to the Journey to Wellness. Properly disposing of medications can keep our children safe and our environment safe.

Where: Indian Health Council, Inc  
50100 Golsh Rd, Valley  
Center, CA 92082



"Empowering Native Wellness"

**Anonymous - no questions  
asked drop off.  
Items to bring.**

- Unused, unwanted, or expired medications  
Please remove labels or mark out with a  
black marker
- Liquid medicine in leak proof bag or container

**FREE BRACELETS OR  
KEYCHAINS TO THE FIRST  
20 PEOPLE THAT DROP OFF  
THEIR OLD RX MEDICATIONS**



## Items not accepted:

- No needles, syringes, lancets
- No thermometers
- No IV bags



See other side

