



SOUTHERN INDIAN HEALTH COUNCIL, INC.

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www.SIHC.org

Craft to Well-Being Group for Elders

Join us!

For the month
of March, we
will be crafting
**DIY Wind
Chimes**



**Now offering
delivery!**

**Call anytime
during the
beginning of the
month to
participate.**

Kumeyaay Family Services is conducting a resilience building activity designed to increase and strengthen social connections. Arrangements can be made with participants to have craft supplies delivered to each elder's home.

If you would like, you may take a photo of yourself with your project to send to Cathy Barrow or Cathy can take a photo for you.

**For more information or to participate, please contact
Cathy Barrow at:**

619-445-1188 Ext. 216, 619-207-8862, or email vbarrow@sihc.org

This program is funded in full by the County of San Diego Prevention and Early Intervention (PEI) Contract.

Please note: SIHC reserves the right to photograph the event and activities and utilize the photos for promotion, advertising, or any communication regarding the Clinic. You may request not to be photographed.