

# JINGLE BELL Rock & Walk



**DECEMBER 12<sup>TH</sup>**  
**4PM-7PM**

**IOWA TRIBE CHENA BUILDING**  
**335600 E. 760 RD.**  
**TRYON, OK 74875**

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## **PREVENTION AND AWARENESS OUTREACH ACTIVITY**

- Diabetes Health Care and Prevention
- Substance use Prevention
- Mental Health Awareness
- Suicide Prevention
- Medication Safety
- Self-Care

*Everyone and all ages welcome!*



**Santa** & **REINDEER**  
**PICS** & **GAMES**



Iowa Tribe of Oklahoma  
**PERKINS**  
*Family Clinic*

**PERKINS FAMILY CLINIC**  
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TAH-JE DO-UWEH CHE  
**FOUR**  
WINDS