



Tuba City Regional Health Care Corporation

Healthy Directions

Working Together For Your Healthcare!

February 2017

FREE - TAKE ONE



**Tuba City
Regional Health
Care Now Smoke
and Tobacco-Free Site**

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Tuba City Regional Health Care now smoke and tobacco-free site

Tuba City Regional Health Care is Now a 100% Tobacco-Free Facility

Inside... Outside... Anywhere on TCRHCC Property

For the health of our patients, staff and visitors, the use of tobacco products on our grounds is prohibited.



We CARE for your health at TCRHCC!

On February 1, Tuba City Regional Health Care Corporation (TCRHCC) new policy prohibits the use of any tobacco products on campus. This includes Sacred Peaks Health Center, Sacred Peaks Health Center-WEST, LeChee Health Facility, and Cameron Dental.

The 'NO SMOKING' policy, will apply to all employees, physicians, patients, visitors, volunteers, contractors and vendors; it also prohibits the use of all tobacco products, including chewing tobacco and e-cigarettes, on the TCRHCC campus. The ban also extends to all private vehicles on campus.

“As a community hospital, Tuba City Regional Health Care is dedicated to providing our staff with a healthy and safe workplace and our patients with a healthy and safe healing environment,” said Alex Brock, TCRHCC Safety Officer.

He added we appreciate your cooperation in keeping our facilities smoke free so that we can continue to transform healthcare for our community.

The hospital will provide a list of resources available to staff, patients and visitors to aid in any efforts to quit smoking.

Smoke and Tobacco-Free Site Frequently Asked Questions

Q: Why is Tuba City Regional Health Care Corporation banning tobacco use from our campuses?

A: Tuba City Regional Health Care is dedicated to improving the health and well-being of the communities we serve. By becoming completely smoke-free, we are furthering our mission and in doing so, we are setting the example of wellness and prevention that is important to our patients, team members and community. Implementation of smoke-free campuses sends a clear message of TCRHCC's commitment to a healthy lifestyle. Additionally, many hospitals and health systems both locally and nationally have either gone smoke-free or have announced plans to do so soon.

Q: What does smoke-free campus mean?

A: As of February 1, 2017, smoking and the use of tobacco products (includes but is not limited to cigarettes, cigars, chewing tobacco, snuff and pipe smoking) are not permitted by anyone on any property owned, rented, or leased by TCRHCC, or in hospital owned/leased vehicles.

Continue on page 7.

February is ...

AMERICAN HEART MONTH



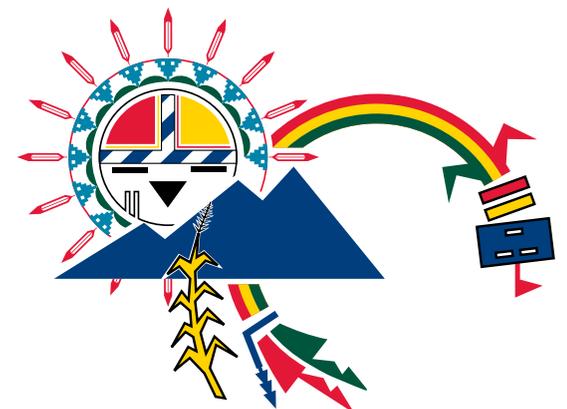
Your choices make a big difference!



You can reduce your risk for heart disease. You can live a long, healthy life, and be there for your loved ones.

Practice Healthy Living Habits

- Use tobacco in traditional ways only.
- Eat a healthy diet.
- Maintain a healthy weight.
- Walk every day.
- Love with all your heart.



Tuba City
Regional Health
Care Corporation

Pediatric Respiratory Season Alert Restrictions for TCRHCC Children's in Effect

To protect the health of our patients, visitor restrictions for the Pediatric Care Unit and OB/GYN Unit are now in effect.

Beginning January 13, the Tuba City Regional Health Care Corporation (TCRHCC) is restricting children aged 12 years and younger from visiting the Pediatric Care Unit and OB/GYN Unit during the Pediatric Respiratory Season.

Children aged 12 years old and younger are also not permitted in the waiting areas of the PEDS Unit and OB/GYN.

Some Frequently Asked Questions:

Why are children under 12 years old unable to come to the hospital during certain times of the year?

Children 12 years and younger cannot visit when the Pediatric Respiratory Season

visitor restrictions are in place because children get sick more often than adults and when children get sick their bodies do not fight off infection as fast as adults. Children with respiratory viruses can spread their illness to others for up to two days before they have any symptoms of being sick. Almost half of children with viral respiratory infections do not have any symptoms, but can still spread the illness.

We understand that visitor restrictions present challenges for families and can be difficult for children who have a loved one in the hospital. However, it is important for the safety of all TCRHCC Hospital patients that children 12 years old or younger not visit in



person during these periods.

What about extreme circumstances?

If there are extreme circumstances during the Pediatric Respiratory Season visitation restriction time period and a patient requires a child 12 years old and younger to visit, any exception must be made by Hospital Physician. The physicians and nurses are available to consult with during visitation.

Common Colds: Protect Yourself and Others

How to Protect Yourself and Others

Here are some ways you can help reduce your risk of getting a cold:

- **Wash your hands often with soap and water.** Wash them for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer. Viruses that cause colds can live on your hands,

and regular handwashing can help protect you from getting sick.

- **Avoid touching your eyes, nose, and mouth with unwashed hands.** Viruses that cause colds can enter your body this way and make you sick.
- **Stay away from people who are sick.** Sick people can spread viruses that cause the common cold through close contact with others.

Schedule a Same Day Appointment if you or your child has one or more of these

conditions:

- a temperature higher than 100.4° F
- symptoms that last more than 10 days
- symptoms that are severe or unusual

Pediatric Clinic: 928-283-2679

Call the clinic from 8:00 am to 4:00 pm to schedule your appointment a few days BEFORE you want your child to be seen.

Same-Day Appointment: 928-283-2669

Patients are encouraged to call from 7:30 am to 4:00 pm to make an appointment for a Same-Day Appointment.

TCRHCC MSPI offering training in Applied Suicide Intervention Skills Training (ASIST)



Applied Suicide Intervention Skills Training

ASIST 11 is an "updated" 2-day suicide "First Aid" training. Community members and professionals will:

- Recognize and assess the potential risk of suicide
- Keep at-risk person safe until help arrives
- Reach out and offer support
- Link people with resources

FREE Training

DATE: February 27 & 28, 2017
TIME: 8:00 am to 5:00 pm
PLACE: Inscription House Clinic Conference Room

Contact: MSPI Office @ 928-283-2816

Note: Continuing Education Credit (CEU) is available. Inquire for more information.

Pre-Registration is Required. Sign-up Now

THIS SESSION IS STRICTLY FOR TRAINING ONLY. THIS TRAINING IS NOT INTENDED FOR COUNSELING. IF YOU NEED COUNSELING CALL: MENTAL HEALTH DEPT. @ 928-283-2831

Tuba City Regional Health Care Corporation (TCRHCC) Meth Suicide Prevention Initiative (MSPI) is offering a two-day training in Applied Suicide Intervention Skills Training (ASIST), February 27-28, at the Inscription House Clinic Conference Room.

Whether you are working with young people, middle-aged adults or elders the Applied Suicide Intervention Skills Training (ASIST) prepares participants to integrate intervention principles into everyday practice. The two-day workshop is a skills-based program developed by LivingWorks Education, Inc. - a Canadian public service company dedicated to the prevention of suicide.

The curriculum is divided into 5

learning sections: Preparing, Connecting, Understanding, Assisting, and Networking. Skills and principles are illustrated with case studies presented in videos and live dramatizations, role-play simulations, discussions and in the Suicide Intervention Handbook.

By the end of the workshop, participants will be better able to:

- Recognize and assess the potential risk of suicide
- Keep at-risk person safe until help arrives
- Reach out and offer support
- Link people with resources

Pre-registration is required. For more information, contact the TCRHCC MSPI at 928-283-2816.

LeChee Health Facility

Providing accessible healthcare to the community of LeChee

- Family Medicine
- Internal Medicine
- Primary Care
- Pharmacy



To schedule an appointment, call 928-698-4900.



SANE/SART
 Sexual Assault Nurse Examiner
 Sexual Assault Response Team



TAKE A STAND
 AGAINST DOMESTIC VIOLENCE



For more information, contact the TCRHCC SANE/SART/DVPI Program Coordinator at 928-283-2934



HPDP's Get Fit Challenge prepared "Team Tuba City" for the 2017 Rock'n'Roll Marathon, Half-Marathon & 10K Run

The TCRHCC Health Promotion Diabetes Prevention would like to congratulate "Team Tuba City", who took part in the 2017 "Get Fit Challenge" Rock'n'Roll Marathon on Sunday January 15. The team consist of 35 youth and 73 adult runners.

Completing a marathon is a huge achievement requiring an intensive and time-consuming training program. The physical demands of the run, paired with the excellent diligence from our participants, call for massive dedication and commitment.

"We are incredibly proud of each of our runners and privileged that they have gone so far to support the efforts of becoming more physically active," said Baker, Kimberly, HP Specialist.

"The dedication of our runners goes a long way to ensure that we can continue our work in supporting the Get Fit Challenge Program. Our efforts for becoming healthier

individuals, is completely reliant upon the ongoing activity of our participants. The Rock'N'Roll Marathon is a key date in our calendar. Since 2008, we challenged participants in efforts to help build a stronger, and healthier community. It is thanks to these efforts that we can continue to provide support to the community. The Health Promotion and Diabetes Prevention Program personnel believes that each individual is entitled becoming a healthier individual through physical activity."

To keep the motivation going, the TCRHCC Diabetes Prevention Program will be taking part in the Little Colorado River Half Marathon/10k event on Saturday, February 11, 2017 in Cameron, AZ, Grand Canyon Half, October 14, and the Lake Powell Half Marathon October 21st.

For any questions, Contact our HPDP office at 928-283-1420.



Smoke and Tobacco-Free Site Frequently Asked Questions

Continued from on page 2.

Q: To whom does the policy apply?

A: All persons, including team members, volunteers, students, patients, visitors, vendors, contractors and others who work in or visit hospital buildings, parking lots and grounds.

Q: Where on the campuses does the smoke-free policy apply? Is smoking allowed inside cars?

A: Tobacco use is prohibited on all areas of the campus, inside and outside, including inside cars that are parked on hospital property.

Q: Do employees, patients and visitors have to quit using tobacco?

A: No. Hospitals are not forcing anyone to quit. This policy means individuals can't use tobacco products on hospital property.

Q: What about individual rights?

A: Hospitals want to maintain a healthy environment for patients and visitors, as well as for team members. For this reason, we ask that individuals refrain from using tobacco products on our campuses.

Q: Why don't you have smoking huts that are designated outdoor locations?

A: Smoking and secondhand smoke are known health hazards. As a health care institution, we are committed to not just healing illness, but also to promoting wellness. Allowing smoking on our campus, even in designated areas, is not consistent with this commitment. We do not want our patients, visitors and team members to be exposed to secondhand smoke while on our campuses and grounds.

Quit Smoking Resources

ASHLINE

Arizona Smokers' Helpline
1-800-55-66-222
www.ashline.org

American Lung Association
1-800-LUNGUSA or
1-800-548-8252
www.lung.org

American Cancer Society
Guide to Quitting Smoking
www.cancer.org



**SMOKING IS PROHIBITED
ON TCRHCC CAMPUS.**

Including Electronic Cigarettes



Tuba City
Regional Health Care Corporation

TCRHCC Division of Environmental Health

Car Seat Thursday

TCRHCC Division of Environmental Health offers monthly Car Seat Thursday class. Patients and residents of Tuba City Service Unit will learn to make sure their child's safety seat is properly installed.

Participants are required to attend two sessions. Session 1 starts 10 am to 12 pm, and Session 2 of the class is from 1 pm to 3 pm. Certified child passenger technicians will instruct class and later inspect car seats installed in your car.

Car Seat Appointments

You must have an appointment to attend the Car Seat Thursday class. Call the TCRHCC Division of Environmental Health at (928) 283-2844 to schedule an appointment.

You are Required to Bring the Following Items to Your Appointment:

- Your child's seat
- Your Vehicle
- Your child (Must be present at Session 2)

Car Seat Clinic Locations

TCRHCC General Services Building
Division of Environmental Health Services
(South of Health Promotion Building)

Upcoming 2017 Class Schedule

February 09, 2017
March 09, 2017
April 13, 2017
May 11, 2017
June 08, 2017

SESSION 1: 10am to 12pm

- No children during Session 1.
- Parents need to attend both sessions.

SESSION 2: 1pm to 3pm

- Child & Vehicle must be present during session 2.

CAR SEAT THURSDAY



DID YOU KNOW:

- Navajo Nation has a primary seat Belt & car seat Law?
- TCRHCC Obstetrics Unit has a policy Regarding new born babies?

LEARN HOW TO:

- Properly select a car seat for your child.
- Correctly install the car seat in your vehicle
- Safely secure & restrain your child in a car seat
- Check for expiration dates
- Identify & correct misuse
- Check for recalls

2017 SCHEDULE:

| | |
|---------|----------|
| JAN. 12 | JUL. 13 |
| FEB. 9 | AUG. 10 |
| MAR. 9 | SEPT. 14 |
| APR. 13 | OCT. 12 |
| MAY 11 | NOV. 9 |
| JUN. 8 | DEC. 14 |

To register for an appointment, CALL:
928-283-2844

Location:

Tuba City Regional Health Care Corp.
GENERAL SERVICES BUILDING
Division of Environmental Health Services
(South of Health Promotion Building)



Tuba City
Regional Health Care Corporation
INJURY PREVENTION

Office of Native and Spiritual Medicine Winter Stories Series

TCRHCC Office of Native and Spiritual Medicine is hosting the Winter Stories series: Dine' Shoe Game Story and Dine' String Game Story.

February 02, 2017

Cameron School

6:00 – 8:00 PM

Topic: Dine' Shoe Game Story and Dine' String Game Story

February 09, 2017

Tonalea School

6:00 – 8:00 PM

Topic: Dine' Shoe Game Story and Dine' String Game Story

February 16, 2017

Gap School

6:00 – 8:00 PM

Topic: Dine' Shoe Game Story and Dine' String Game Story

The event is FREE and food will be provided at each location. For more information, call TCRHCC Office of Native and Spiritual Medicine at 928-283-1372.



|    | | | | |
|--|---|---|---|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | | 1. Fitness Room Hrs: 5a-9a/10am-3pm/5-8pm Exercise Room: 12pm: Zumba –DVD 12pm: DPP Fun Run 3p-5p: Youth Open Gym 5:15p: Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam | 2. Fitness Room Hrs: 5a-9a/10am-3pm/5-8pm Exercise Room: 5:30a: Functional fitness 12pm:Step W/Preston 3p-5p: Youth Open Gym 5-6pm: Strength w/Frank 6pm:Spinning w/Sham 7pm: ZUMBA | 3. Fitness Room Hrs: 5a-9a/10:00am-3pm 5-7pm-Fridays Exercise Room: 3-5pm:Youth Open Gym 5:15pm:Insanity 6pm: Strength w/Frank |
| 6. Fitness Room Hrs: 5a-9a/10am-3pm/5-8pm Exercise Room: 12pm: DPP Fun RUN 3-5pm: Youth Open Gym 5:15p:Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning W/SAM | 7. Fitness Room Hrs: 5a-9a/10am-3pm/5-8pm Exercise Room: 5:30a: Functional fitness 12pm: Step W/Preston 3p-5p: Youth Open Gym 4p-5p: KIDS ZUMBA 5:15pm: Insanity 6pm:Spinning w/Sham 7pm: ZUMBA | 8. Fitness Room Hrs: 5a-9a/10am-3pm/5-8pm Exercise Room: 12pm: Zumba -DVD 12pm: DPP Fun Run 3p-5p: Youth Open Gym 5:15p: Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam | 9. Fitness Room Hrs: 5a-9a/10am-3pm/5-8pm Exercise Room: 5:30a: Functional fitness 12pm:Step W/Preston 3p-5p: Youth Open Gym 5-6pm: Strength w/Frank 6pm:Spinning w/Sham 7pm: ZUMBA | 10. Fitness Room Hrs: 5a-9a/10:00am-3pm 5-7pm-Fridays Exercise Room: 3-5pm:Youth Open Gym 5:15pm:Insanity 6pm: Strength w/Frank |
| 13. Fitness Room Hrs: 5a-9a/10am-3pm/5-8pm Exercise Room: 12pm: DPP Fun RUN 3-5pm: Youth Open Gym 5:15p:Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning W/SAM |  14. Fitness Room Hrs: 5a-9a/10am-3pm/5-8pm Exercise Room: 5:30a: Functional fitness 12pm: Step W/Preston 3p-5p: Youth Open Gym 4p-5p: KIDS ZUMBA 5:15pm: Insanity 6pm:Spinning w/Sham 7pm: ZUMBA | 15. Fitness Room Hrs: 5a-9a/10am-3pm/5-8pm Exercise Room: 12pm: Zumba -DVD 12pm: DPP Fun Run 3p-5p: Youth Open Gym 5:15p: Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam | 16. Fitness Room Hrs: 5a-9a/10am-3pm/Closed Exercise Room: 5:30a: Functional fitness 12pm:Step W/Preston 3p-5p: Youth Open Gym Evening Closed | 17. Fitness Room Hrs: 5a-9a/10:00am-3pm 5-7pm-Fridays Exercise Room: 3-5pm:Youth Open Gym 5:15pm:Insanity 6pm: Strength w/Frank |
| 20. Fitness Room Hrs: 5a-9a/10am-3pm/5-8pm Exercise Room: 12pm: DPP Fun RUN 3-5pm: Youth Open Gym 5:15p: Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning W/Sam | 21. Fitness Room Hrs: 5a-9a/10am-3p/5-8pm Exercise Room: 5:30a: Functional fitness 12pm: Step W/Preston 3p-5p: Youth Open Gym 5:15pm: Insanity 4p-5p: KIDS ZUMBA 5:15pm: Insanity 6pm:Spinning w/Sham 7pm: ZUMBA | 22. Fitness Room Hrs: 5a-9a/10am-3pm/5-8pm Exercise Room: 12pm: Zumba -DVD 12pm: DPP Fun Run 3p-5p: Youth Open Gym 5:15p: Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam | 23. Fitness Room Hrs: 5a-9a/10am-3pm/Closed Exercise Room: 5:30a: Functional fitness 12pm:Step W/Preston 3p-5p: Youth Open Gym Evening Closed | 24. Fitness Room Hrs: 5a-9a/10:00am-3pm 5-7pm-Fridays Exercise Room: 3-5pm:Youth Open Gym 5:15pm:Insanity 6pm: Strength w/Frank |
| 27. Fitness Room Hrs: 5a-9a/10am-3pm/5-8pm Exercise Room: 12pm: DPP Fun Run 3-5pm: Youth Open Gym 5:15p: Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning W/Sam | 28. Fitness Room Hrs: 5a-9a/10am-3pm/5-8pm Exercise Room: 5:30a: Functional fitness 12pm: Step W/Preston 3p-5p: Youth Open Gym 5:15pm: Insanity 4p-5p: KIDS ZUMBA 6pm:Spinning w/Sham 7pm: ZUMBA | Feb 11th – Little Colorado River Half Marathon/ 10k Feb 18th - Hunters Mesa Hike, Kayenta Az | | |
| | | TCRHCC HPDP (928)-283-1420 www.tchealth.org | | |

HOW THE BODY WORKS

Cardiovascular System Word Find

A L E T I T F L O W Y M S Y E
 N T M C J F Z D A F I L N T W
 X A R W I O V A S P H L A R N
 R S N I E V N G J L N H F U B
 M C Q Y U U W W H C Y P T L C
 V W W V O M X H W C D R O J N
 W T A E T S A W E A I O B A Y
 J B N N E G Y X O E D F R Z G
 A R T T P K M S N W F T N I W
 H E A R T S R T L S E V L A V
 F B U I S W S B G R B H L Q R
 C I R C U L A T I O N E R M C
 V X Z L G V X E G Y Q D A Y W
 S L P E P A S H V S G C O T O
 B V U S S E A D H X T H Y R E

ARTERIES

CIRCULATION

VALVES

ATRIUM

HEART

VEINS

BEAT

NUTRIENTS

VENTRICLES

BLOOD

OXYGEN

WASTE



CAPP
 Children Are Priceless Passengers

CAPP Classes address Navajo Nation and Arizona child safety seat and seat belt laws through education, enforcement, and public awareness. Please bring your citation, class fee and driver's license to class. Children not allowed in class. Classes taught by a certified Child Passenger Safety Technician

Pre-Registration Required 2017 CAPP Class Schedule

| | |
|--------------------|--|
| January 28, 2017 | <u>Fee</u> \$35.00 per child cited |
| March 25, 2017 | <u>Class Location</u> Division of Environmental Health Office General Services Building 3008 East Birch Avenue Tuba City, AZ 86045 |
| May 27, 2017 | <u>Class Time Schedule</u> English – 9:00am to 11am Navajo – 1pm to 3pm |
| July 22, 2017 | <u>To register or for more information</u> TCRHCC/DEHS/OEH (928) 283-2844 |
| September 23, 2017 | |
| November 18, 2017 | |



Tuba City
 Regional Health Care Corporation

LeChee Health Facility

Providing accessible healthcare to the community of LeChee
 Family Medicine • Internal Medicine • Primary Care • Pharmacy

To schedule an appointment, call 928-698-4900.





Tuba City Regional Health Care Corporation

Main Telephone Switchboard
(928) 283-2501



Navajo Nation Police

Police and Emergency Medical Services (EMS)
(928) 283-3111

Same Day Appointment 283-2669

Patients are encouraged to call ahead to make an appointment for a Same-Day Appointment if available. Call the Same Day Appointment from 7:30 am to 4:00 pm to schedule your appointment.

Family Medicine Clinic 283-2458

Monday - Friday: 8:00 am - 5:00 pm

Pediatric Clinic 283-2679

Pediatric Clinic Appointments-Call the clinic from 8:00 am to 4:00 pm to schedule your appointment a few days BEFORE you want your child to be seen.

TO MAKE AN APPOINTMENT, Call the appointment desk at 928-283-2679.

Outpatient Pharmacy 283-2754

Open 7 Days a week from 8:00 am - 7:00 pm

24-Hour Pharmacy refill line: 1-928-283-2921

Prescriptions are ready for pick-up with no waiting time for patients who call in 24 hours in advance.

Pharmacy Drive-Thru is NOW OPEN for Refill Prescription Pick-Up Only from 8:00 am to 7:00 pm (midnight), 7 days a week, including holidays.

Dental Clinic

Tuba City: 283-2672

Tuba City

Monday - Friday: 7:00 am - 5:00 pm
(Thursday afternoons - urgent care only)

Cameron: 213-8161

Cameron

Monday, Tuesday, Wednesday & Thursday:
7:30 am - 5:00 pm

Internal Medicine 283-2689

Monday - Friday: 8:00 am - 5:00 pm

Diabetes Education & Clinical Nutrition 283-2895

Appointments and walk-ins

Monday - Friday: 8:00 am - 5:00 pm

Services Provided: Diabetes Education, Blood Sugar Meter Training, and Nutrition Counseling.

Ear/Nose Throat (ENT) Clinic 283-2974

Monday - Wednesdays: 8:30 am - 5:00 pm
(By referral only)

Environmental Health 283-2844

Car Seat Day

Every Thursday: 10:00 am - 3:00 pm

Eye Clinic 283-2748

Monday - Friday: 7:00 am - 5:00 pm

Community Health Division

Health Promotion Program 283-1429/1420

Diabetes Prevention Program 283-1429/1420

Mobile Health Program 928-283-2607

Mental Health 283-2831

Monday - Friday: 7:00 am - 6:00 pm

OB/Gyn Clinic (Women's Health) 283-2460

Monday - Friday: 8:00 am - 5:00 pm,
except Tuesday start at 9:30 am

Occupational Therapy 283-2593/2594

Speech Therapy

Monday - Friday: 8:00 am - 5:00 pm

Orthopedic Clinic/Surgical 283-2660

Orthopedic Clinic

Tuesday: 8:00 am - 5:00 pm,

Thursday: 8:00 a.m. - 12:00 noon

Urology, Podiatry & Surgery

Monday - Friday: 8:00 a.m. - 5:00 p.m.

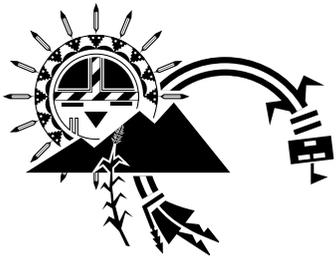
(Call for specific clinic times)

Physical Therapy 283-2659

Monday -Wednesday & Friday: 8:00 am - 5:00 pm,
Thursday: 8:00 am - 12:00 pm

Emergency Room ANNEX

For patients in need of medical care after normal, daily walk-in hours. Go to the Emergency Department to be screened and registered. No appointment necessary.



Tuba City

Regional Health Care Corporation

Healthy Directions

Administration - Office of the CEO

167 North Main Street

P.O. Box 600

Tuba City, Arizona 86045

find us on **facebook**

[facebook.com/tchealth](https://www.facebook.com/tchealth)



Office of Environmental Health

Division of Environmental Health Office

Car Seat Clinics

2017 Schedule

| | | |
|------------|--------------|---------------------|
| May 16 | 10 AM – 2 PM | Kaibeto Market |
| June 20 | 10 AM – 2 PM | Tonalea Flea Market |
| July 18, | 10 AM – 2 PM | Gap Chapter House |
| August 15 | 10 AM – 2 PM | Cameron |
| September | 10 AM – 2 PM | LeChee Chapter |
| October 12 | 10 AM – 2 PM | Tuba City Fair |

Child Passenger Safety Technicians will be on-site.



Learn About

- Types of Car Seats
- Navajo Nation Laws
- Selection of Car Seats
- Installation of Car Seats
- Properly securing your child

More Information

Call the TCRHCC/DEHS/OEH
at (928) 283-2844