

























COMMUNITY HEALTH SERVICES EVENTS

Join Community Health Services this month at our community events! All events are in **Mountain Standard Time (MST)**. Feel free to contact our numbers below, email, or see us in person! *Calendar is subject to change*



CONTACT NUMBERS 📞 928-657-1073 | 928-657-1077 | 928-289-8065 | 928-289-6137

MAY 2026   Email: hiwc@wihcc.org  Website: www.wihcc.org				
MON	TUE	WED	THU	FRI
 <p>Visit WIHCC.COM for more information!</p>	<p>CHECK OUT OUR MESSAGE THERAPY CALENDAR ON OUR FACEBOOK OR WEBSITE!</p> 	<p>Like us on Facebook!</p>  /WIHCC	 <p>JUST MOVE IT</p>  <p>PRE-REGISTER FOR JUST MOVE IT</p>	<p>1</p> <p>MENTAL HEALTH WEBINAR SERIES Cultivating Wellness Home & Work 10am - 11am MST</p>
4	5	<p>6</p> <p> Navajo Bingo @WIHCC MOB 11am - 12pm MST</p> <p>  YOUTH MENTAL HEALTH FA @WIHCC 8:15am - 4:00pm MST</p>	<p>7</p> <p> Food Distribution @WIHCC 9AM - 11PM</p>	<p>8</p> <p> Spring Bazaar @WIHCC 8am - 3pm MST</p> <p> MENTAL HEALTH WEBINAR SERIES Resilience and Self Care 10am - 11am MST</p>
<p>11</p> <p>Food Demo @Whitecone Senior Center 10:30am MST/11:30am DST</p>	<p>12</p> <p>Nutrition Bingo @DMC Wellness 12pm - 1pm MST</p> <p>Men's Sweat Lodge @WIHCC</p> 	<p>13</p> <p>QPR Suicide Prevention Virtual 1pm - 2:30pm MST</p>	<p>14</p> <p> Food Distribution @DMC 1PM - 2:30PM</p> 	<p>15</p> <p> Food Handler's Training @WIHCC MOB CONF RM 10am-12pm MST</p> <p>MENTAL HEALTH WEBINAR SERIES Kids and Emotions 10am - 11am MST</p>
18	<p>19</p> <p>Food Demo @Teesto Senior Center 10am MST/11am DST</p> 	<p>20</p> <p>Child Abuse Prevention Month Mini Conference @DMC 8am - 3pm MST</p>	21	<p>22</p> <p>MENTAL HEALTH WEBINAR SERIES 5 Skills of Resilience 10am - 11am MST</p> 
<p>25</p> <p>WIHCC & DMC CLOSED MEMORIAL DAY Wellness Centers will be CLOSED</p> 	<p>26</p> <p> Gardening Workshop @DMC Wellness 4:30pm - 6pm MST</p> <p>Men's Sweat Lodge @WIHCC</p> 	27	<p>28</p> <p> JUST MOVE IT @WIHCC 5PM REGISTRATION CHECK-IN</p>	<p>29</p> <p>MENTAL HEALTH WEBINAR SERIES Grief Recovery 10am - 11am MST</p>