

Chehalis Native Connections Monthly

March Classes

These classes are open to all Chehalis Tribal members,
Community members and Employees.

Thursdays 2:30 – 3:30pm

Gathering Room

Gentle Yoga with Michelle Pugh

Third Thursday of the month

Aqua Yoga 5:00 – 6:30

Tuesdays and Thursdays 3:00 – 6:00 pm

Melanee's Office, off the library

in the Community and Culture Center

Spring Detox

Come and learn about the herbs that can be used as a
spring detox tea



Questions: mstevens@chehalis tribe.org or 360-709-1683

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