



TEXAS NATIVE HEALTH NEWSLETTER



NOVEMBER

NATIVE AMERICAN HERITAGE



For thousands of years before borders and states existed, Native peoples lived in harmony with this land as stewards of its rivers, mountains, and plains. Our ancestors built thriving nations, complex languages, and distinct cultures that shaped the very foundation of this continent.

Yet, through centuries of colonization, forced removal, and assimilation, Native Americans endured unimaginable losses of land, lives, and identity. Still, we remain. Our songs are sung, our languages are spoken, our children dance in the same rhythm as those who came before us. The history of Native America is not only one of survival but of strength, resistance, and renewal. It is the story of a people who, against all odds, continue to rise, to heal, and to reclaim our rightful place in the story of America.

Native American Heritage Month is a time to celebrate and be celebrated. To honor ourselves and each other. Our story is not over, and our heritage is not history alone. We are alive, thriving, shaping, and writing our own history now!

Coming Up @ TNH...

ATTEND 4 FITNESS CLASSES THIS MONTH

AND BE ENTERED
FOR A CHANCE TO

WIN A:

**\$100 GIFT CARD TO
MASSAGE ENVY!**



"Fitness Classes" include:
Yoga Class on Tuesdays
All Levels Fitness Class on Thursdays
November Powwow Class on 11/12

WINNER WILL BE ANNOUNCED THE FIRST WEEK OF DECEMBER

Upcoming Classes:

Chair Exercises: Tues 11/18 @10:30am
Chair Exercises: Tues 11/25 @10:30am

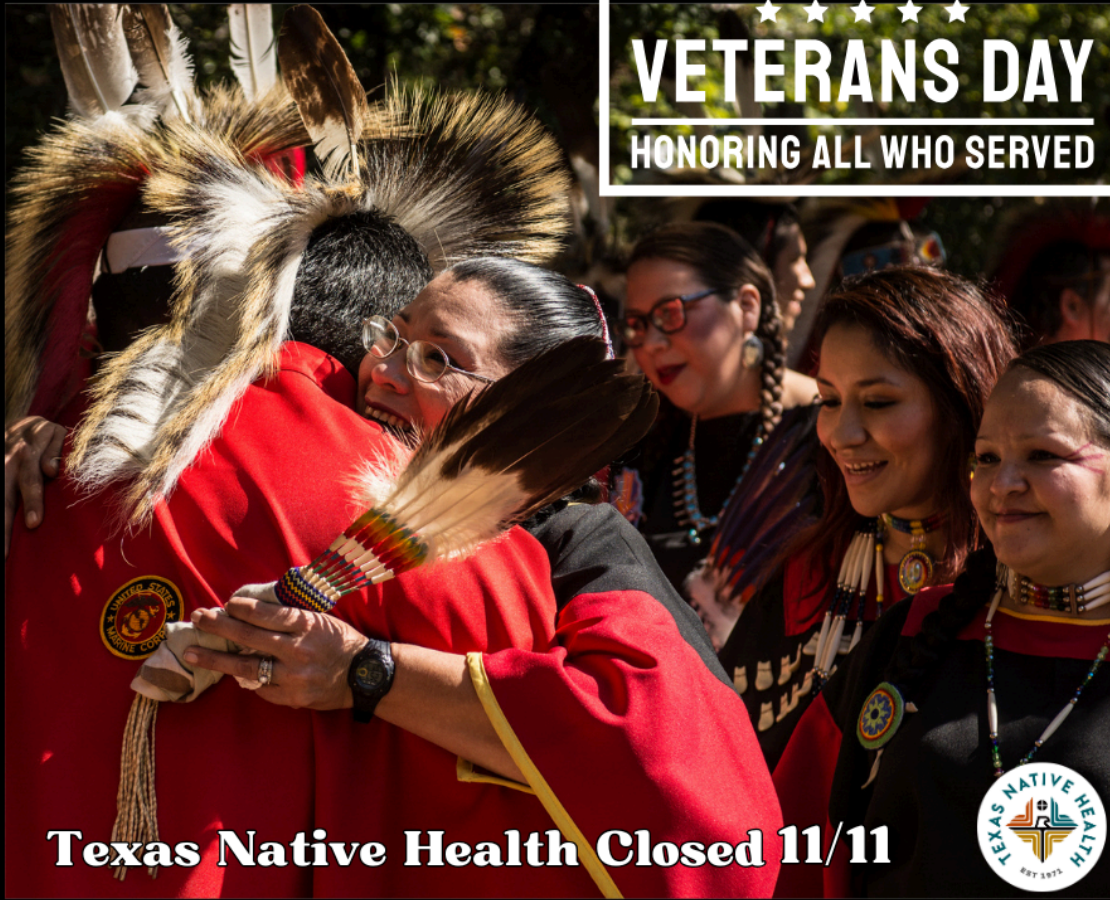
Yoga: Tues 11/18 @6:15
Yoga: Tues 11/25 @6:15

AL Fitness: Thurs 11/13 @6:15
AL Fitness: Thurs 11/20 @6:15

Powwow Dance: Wed 11/12 @6:30pm



★ ★ ★ ★ ★
VETERANS DAY
HONORING ALL WHO SERVED



Texas Native Health Closed 11/11



POWWOW DANCE CLASS SERIES

Taught by LaRay Guerrero and Indigenous Ace, join this progressive series! Once a month, we'll gather to learn about powwow culture, etiquette, and which style calls to you.



Wednesday, November 12th
6:30 - 8:30pm



Community Cultural Center (C3)
1269 Record Crossing Rd,
Dallas, TX 75235



REGISTER FOR CLASS

(REGISTRATION ONLY NEEDED IF YOU HAVE NOT REGISTERED FOR A PREVIOUS CLASS)

COMMEMORATING OUR CULTURE WEEK

NOVEMBER 17th - 21st

NOV
17

Roc Your Mocs Day

WEAR YOUR MOCCASINS

NOV
18

Native/Indigenous Jewelry Day

SHOW OFF ANY NATIVE/INDIGENOUS JEWELRY

NOV
19

Native/Indigenous Design Shirt Day

CELEBRATE BY WEARING A NATIVE/INDIGENOUS DESIGN SHIRT OR BRAND

NOV
20

Traditional Hair/Kokum Scarf/Braids Day

WEAR YOUR HAIR IN YOUR TRADITIONAL STYLE

NOV
21

Ribbons Day

WEAR YOUR RIBBON SKIRT OR RIBBON SHIRT

Join Texas Native Health in
showcasing our culture in celebration
of Native American Heritage Month!



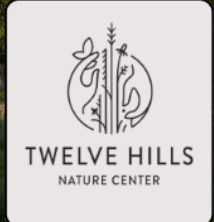
Storytelling in Nature

BROUGHT TO YOU IN
PARTNERSHIP WITH 12 HILLS
NATURE CENTER IN
CELEBRATION OF NATIVE
AMERICAN HERITAGE MONTH

SATURDAY, 11/22
817 Mary Cliff Road,
Dallas, TX 75208

REGISTRATION REQUIRED

10:00am	INTRODUCTION FROM 12 HILLS
10:15am	STORYTIME W/ AMY
10:45am	SNACK & DRINK BREAK
11:00am	SELF-PACED WALK THROUGH 12 HILLS



FOR ANY QUESTIONS ABOUT THE STORYTELLING IN NATURE EVENT, PLEASE
CONTACT OLIVIA WOODWARD @ 214-446-3638 OR EMAIL
OWOODWARD@TEXASNATIVEHEALTH.ORG

[Register for Storytelling in Nature](#)

Join us!



Students will be detectives and explore one small square of a riparian forest. There's lots to see on the surface, but what if you take a closer look? Clues are waiting to be found.

RIVER LEGACY NATURE CENTER

ONE SMALL SQUARE: WOODS

Snacks &
Water
provided

NOVEMBER 24

1PM-3PM

FOR AGES 6-10

Questions?

Jennifer Tahbonemah

jtabonemah@texasnativehealth.org

214-446-3631

We will meet at:

C3

1269 Record Crossing Rd

Dallas Texas 75235

Register for One Small Square: Woods



HAPPY
Thanksgiving

M4 Closed November 27-29, 2025



TEXAS NATIVE HEALTH PRESENTS

WINTER FEST 2025

Hot Cocoa
Free Food
Bounce House
Raffle
Giveaways
Vendors
Family Crafts
Fun Activities
Toy Giveaway
(MUST REGISTER FOR GIFT)

06 DEC, 2024

12:00PM-3:00PM

@ TNH COMMUNITY
CULTURAL CENTER (C3)
1269 RECORD CROSSING RD,
DALLAS, TX 75235

REGISTER FOR A GIFT

REGISTER AS A VENDOR

FIRST FRIDAY FILMS @ TNH



NOW SHOWING

7:00 PM

CHRISTMAS IN
THE CLOUDS

DECEMBER 12TH

7:00 PM

Snacks, water, & seats
provided by TNH

Personal snacks, drinks, or lawn chairs
are permitted. Alcohol prohibited



TNH exclusively screens films that center Native and Indigenous peoples
- and are written, directed, and/or produced by Native and Indigenous
creators.

December 12th

7:00pm- Christmas in the Clouds

During the holidays at a ski resort in Utah run by a Native American tribe, the
overworked manager and a widowed woman from the big city overcome mistaken
identities and intrusive guests in their pursuit of romance.

Executive Producer-The Stockbridge-Munsee Community Band of Mohican Indians

Register for December Movie Night

ARACHNOPHILIA: A LOVE OF SPIDERS

@ RIVER LEGACY NATURE CENTER

DECEMBER 30TH

1PM - 3PM

MEET @ C3

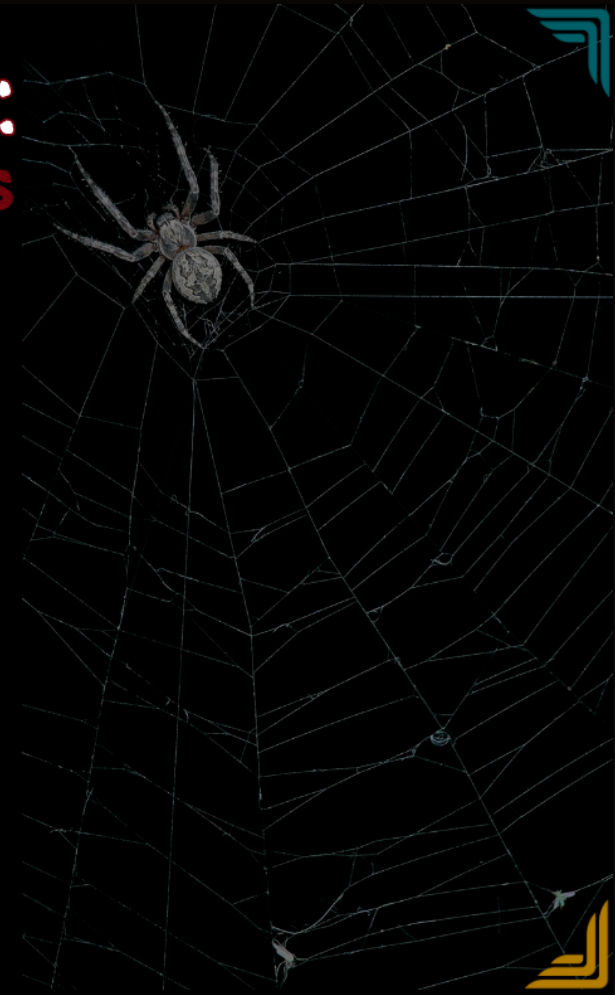
1269 Record Crossing Rd,
Dallas, TX 75235



For Ages 6-10

Snacks & Water Provided

Students will learn about arachnid characteristics as well as what makes this type of animal so unique. They will also get a chance to spend a short time visiting an exhibit: The Art & Science of Arachnids



FOR ANY QUESTIONS ABOUT THE ARACHNOPHILIA EVENT, PLEASE CONTACT
JENNIFER TAHBONEMAH @ 214-446-3631 OR EMAIL
JTAHBONEMAH@TEXASNATIVEHEALTH.ORG

Register For Arachnophilia



TNH
Homeschool
CO-OP



STARTING
January 7th, 2026

**OPPORTUNITY FOR
FAMILIES PROVIDING IN-
HOME EDUCATION**

**1st Wednesday of
Each Month**

10:30am-12:30pm

EACH SESSION INCLUDES:

1. A Science-Based Cooking Lesson
2. A Cultural Lesson

YOUR STUDENT WILL:

- Learn Basic Cooking Skills
- Be Introduced to New Science Concepts
- Create Cultural Crafts
- Enjoy a Change of Learning Environment
- Have a Lot of FUN



[Register For Homeschool Co-Op](#)



Anti-Bullying Week

November 10th - November 14th

In Memory of Nex Benedict



We honor the memory of 16-year-old Nex Benedict (Choctaw), a courageous non-binary student, who died by suicide on February 8, 2024.

One day before their suicide by overdose, Nex was involved in a physical altercation in the girl's restroom of Owasso High School. For over a year, Nex had been a victim of bullying and harassment in relation to their gender identity.

In Indigenous traditions, the idea of being present for one another is central. In memory of Nex, let us commit to making all school and home spaces where our youth can truly feel safe, valued, and included.



A Message to Parents

As we reflect on Nex's life and the pain behind this story, we share this message with you:

- Check in regularly with your children. Ask not just how they are doing, but how they feel at school, with friends, and whether they feel safe and respected.
- Talk about bullying from two sides:
 - Encourage your child to speak up if *they* are being bullied or harassed. Let them know you're there to listen, believe them, and act.
 - Ask them whether *they* may witness or participate (even indirectly) in bullying others. Promote empathy: bullying someone else, even "just joking," can have hurtful and lasting consequences.
- Teach respect for identity and difference. Remind your children that each person deserves dignity, and that recognizing and valuing someone's true self matters. Nex's story shows how ignoring harassment linked to identity can have grave costs.
- Create an environment of open dialogue. Let your children know it's safe to bring any situation to you, whether they feel ashamed, afraid, or unsure. Reinforce that seeking help is strong, not weak.

- Model kindness and accountability. Show your children what it means to stand up for others, intervene when you see teasing or exclusion, and apologize when mistakes are made. We build stronger communities when we commit to one another's wellbeing.

November is American Diabetes and Diabetic Eye Disease Month



November is a time to raise awareness about one of the most common chronic conditions affecting Native communities today. Diabetes occurs when the body can't properly regulate blood sugar, leading to high glucose levels that can damage organs over time. One of the areas most affected is the eyes. Uncontrolled diabetes can cause changes in the blood vessels of the retina, leading to diabetic eye disease. This includes complications such as diabetic retinopathy, glaucoma, and cataracts, which can eventually lead to vision loss if left untreated.

Native Americans are among the groups most at risk for developing diabetes, due to a combination of genetics, limited access to traditional foods, and lifestyle shifts that replaced natural diets with processed foods. The good news is that diabetes and its complications can be managed, and even prevented, with regular checkups, balanced nutrition, and early screenings. During this month of awareness, make your health a priority: schedule your diabetes and vision screenings with Texas Native Health, and let us help you protect your sight and your overall well-being for the future.

HONORING OUR FUTURE

World Children's Day 11/20

Each year on World Children's Day, we are reminded of the sacred responsibility we carry to protect, nurture, and guide our children. In many Native traditions, children are seen as gifts from the Creator, living reminders of hope, balance, and the continuity of our Nations. They carry the stories of our ancestors and the promise of our future. To honor them means more than just celebrating who they are today. It means ensuring they have everything they need to grow strong in spirit, mind, and body.

From an Indigenous perspective, caring for our children means surrounding them with love, teaching them our songs, stories, and languages, and showing them how to walk in balance with the world around them. It means making sure they are spiritually grounded, emotionally supported, and physically protected - including through modern ways of safeguarding their health, such as keeping up with regular wellness visits and vaccinations. By protecting them from preventable illnesses, we help them grow into the healthy, proud leaders our ancestors prayed for. This World Children's Day, let's celebrate our Native youth by investing in their wellness, teaching them their worth, and honoring the sacred responsibility of raising the next generation.



There is an old teaching that says every person carries a flame within them... a small, sacred light given by the Creator. Some flames burn steady, some flicker, and some are carried by others when the path grows dark. Survivors of Suicide Loss Day is a day to gather around that light to remember those we've lost and to hold one another in compassion. For many, it is a day of both sorrow and healing; a day when memories meet hope, and silence is gently replaced with understanding.

When someone we love leaves this world by suicide, it can feel as if our own flame has dimmed. But healing begins in community through shared stories, prayer, laughter, and tears. We remember their spirit not by the way they left, but by the love they gave, the moments they shaped, and the lessons they left behind. To all who carry this kind of loss: you are not alone. Your light still matters. Take time to speak their names, share your story, and reach out for support when the night feels heavy. Together, we keep the fire burning for them, for ourselves, and for all those still finding their way back to the light.

Carrying the Light: Honoring Survivors of Suicide Loss Day

November 22nd



International Day for the Elimination of Violence Against Women

November 25th



- **84%** of Native women have experienced violence in their lifetime.
- **56%** have experienced sexual violence.
- **55%** have experienced physical violence by an intimate partner.
- **48%** have experienced stalking.

These numbers represent our mothers, sisters, and daughters. Awareness is protection. Safety for Native women begins with every one of us. Listen to & believe survivors. Speak up about or challenge harmful jokes or behavior. Stand up for yourself. Know and understand that your life is valuable, and you deserve respect and comfort. Connect and share your resources with others for safety and healing. Support and advocate for stronger laws and justice.



National Domestic Violence Hotline: 1-800-799-SAFE (7233)

ANTI-OBESITY DAY 11/26

For many Native communities, obesity has become one of the most pressing health challenges of our time, affecting both our physical wellbeing and our spiritual harmony. Today, Native Americans experience some of the highest rates of obesity in the United States, leading to increased risks of diabetes, heart disease, and joint pain.

The path forward begins with reconnection to our foods and to each other. Healing our relationship with food is not about shame or restriction, but about remembering who we are and the power that comes from nourishing ourselves with intention. At Texas Native Health, we are here to walk that journey with you. From nutrition education and diabetes prevention to primary care and wellness programs, our team is dedicated to helping you restore balance, one meal and one choice at a time. The strength of our Nations lies in the health of our people, and together, we can reclaim it.





NATIONAL METHAMPHETAMINE AWARENESS DAY 11/30

On National Methamphetamine Awareness Day, we pause to face a truth that touches too many of our Native families and communities. Meth use continues to cause devastating harm, not only to the body, but to the spirit, families, and entire Nations. For many Indigenous people, the impact of meth is more than a health crisis; it is part of a deeper wound tied to generations of trauma, loss, and disconnection. When we lose our sense of balance, the spirit seeks escape, and too often, substances fill that space. But healing is possible.

Methamphetamine use can lead to severe physical and mental health problems: damaging the heart, brain, and emotional wellbeing. It strains families, weakens community ties, and dims the light of those we love. Yet even in the midst of struggle, our people have always carried the strength to heal. At Texas Native Health, we honor that strength by offering both inpatient and outpatient substance abuse treatment services rooted in compassion, respect, and cultural understanding. If you or someone you love is battling addiction, you are not alone. Reach out to us and let us help you. Healing starts with one step, and we are here to walk it with you.

Protect Our People. Honor Our Strength.

INDIGENOUS COMMUNITIES FACE SOME OF THE HIGHEST RATES OF HUMAN TRAFFICKING IN THE UNITED STATES, ESPECIALLY NATIVE WOMEN, GIRLS, AND TWO-SPIRIT PEOPLE.

THIS NATIVE AMERICAN HERITAGE MONTH, WE HONOR RESILIENCE BY RAISING AWARENESS, STANDING TOGETHER, AND PROTECTING THOSE MOST AT RISK.

KNOW THE SIGNS. SPEAK OUT. SUPPORT SURVIVORS.

TOGETHER, WE CAN END THE CYCLE AND RECLAIM SAFETY FOR OUR COMMUNITIES.





How Our Ancestors Cared for Their Teeth

Natural Tooth Cleaners

Many tribes used chewing sticks or fibrous twigs from aromatic or medicinal plants to clean teeth. Common examples included:

- Willow twigs: Contained salicylic acid (the base of aspirin), which reduced inflammation and pain.
- Sage and sweetgrass: Used for their cleansing, antimicrobial, and aromatic properties.
- Dogwood or birch twigs: The ends were chewed until they formed soft bristles, then used to scrub teeth and gums.

Herbal Cleansers and Mouth Rinses

Tribes also used natural plant-based powders and rinses to freshen breath and reduce bacteria:

- Charcoal (from burnt wood or herbs) was mixed with crushed herbs or clay to polish teeth and absorb odors.
- Crushed shells or fine sand were sometimes used gently as abrasives.
- Mint, sage, or pine needle teas were used as mouth rinses or breath fresheners due to their antiseptic qualities.

Diet and Natural Preventatives

Traditional diets also played a huge role in keeping teeth strong:

- Foods were high in fibrous roots, grains, and meats, which naturally “scrubbed” teeth during chewing.
- Diets were low in refined sugars, so there was little decay-causing bacteria.
- Calcium-rich foods like fish bones (in broths), nuts, and seeds helped maintain enamel strength.

Today, we carry forward that same spirit of wellness and care, but with a little help from modern tools and friendly dental professionals! Come see us at Texas Native Health for your next dental visit—we promise no willow twigs required!



The Sacred Purpose of Tobacco in Native Tradition

For many Native Nations, tobacco was *and still is* considered a sacred medicine rather than a habit. It was used to connect with the Creator, send prayers, and show respect during ceremonies, offerings, and important gatherings. Tobacco smoke was seen as a way for prayers and messages to rise to the spiritual realm.

People used it in different ways depending on the tribe: placed on the ground as an offering, held in a pipe during ceremony, shared in council to symbolize honesty and unity, etc. It was never meant for casual or addictive use. Instead, it was used with intention, gratitude, and balance. Traditionally, tobacco also had healing and diplomatic roles. It could mark peace between tribes, bless a journey, or honor someone's passing. The misuse of commercial tobacco today is far removed from its sacred origins, but many Native people continue to keep its original purpose alive through ceremony and teaching.

Modern commercial tobacco found in cigarettes, vapes, and chew contains harmful chemicals that can lead to cancer, heart disease, and lung problems. Using tobacco casually or habitually takes away from its original sacred purpose and puts our health at risk.

If you're ready to reclaim balance and protect your wellbeing, talk to your Texas Native Health provider about smoking cessation options and culturally supportive ways to quit. Your journey to healing can start today!

From Historical to Modern Day: Sexual Health Through Time

Before European contact, sexually transmitted infections did exist among some Native tribes, but they were rare and generally mild. Traditional medicine people used herbs and spiritual healing to treat symptoms, and strong cultural values around respect and balance in relationships helped prevent widespread transmission. After colonization, however, new diseases (including more aggressive forms of syphilis and gonorrhea) spread rapidly due to the introduction of foreign pathogens, violence, and social disruption.

Today, sexually transmitted infections are far more common, but modern medicine offers safe, effective testing and treatment options. Protect your health and your partners, visit Texas Native Health for regular sexual health screenings or treatment if needed. Your wellness is sacred, and caring for it is a powerful act of respect for yourself and your community.



Understanding Depression Through an Indigenous Lens

Long before the word depression existed, Native communities understood that the mind, body, and spirit are deeply connected. When someone felt sadness, loss, or disconnection, it wasn't seen as weakness, it was viewed as a spiritual imbalance that required care, compassion, and reconnection. Healing came through community and ceremony: talking circles to share and be heard, songs and drumming to lift the spirit, time spent on the land to restore peace, and the burning of sage, cedar, or sweetgrass to cleanse the heart. Traditional medicine people would often use prayer, herbs, and storytelling to guide the person back into balance with themselves, their family, and the world around them.

Today, many Native people continue to honor these ancestral practices while also embracing modern mental health care. At Texas Native Health, we believe that wellness is both cultural and clinical. Our behavioral health team understands that healing the spirit is just as important as healing the mind. If you or someone you love is feeling out of balance, know that help is available. Reach out to our Behavioral Health Department and take that first step toward restoring your spirit, reconnecting with community, and finding peace again.



CANCER AWARENESS IN NOVEMBER



Lung Cancer



Gastric (Stomach Cancer)



Pancreatic Cancer

November is a powerful reminder to stay proactive about your health. Lung, pancreatic, and stomach cancers often show subtle or overlooked symptoms, making early detection essential. Talk to your healthcare provider at TNH about routine screenings, especially if you have a family history or risk factors. Take this opportunity to schedule a check-up, learn your risks, and encourage loved ones to do the same, because early action can save lives!



American Indian and Alaska Native children are at an increased risk of severe illness from RSV.

➔ Keep our future storytellers safe, ask your provider about protecting your child from RSV.



RSV Season is Here: Protect Your Loved Ones at TNH!

At TNH, our lab is ready to help protect every generation from RSV (Respiratory Syncytial Virus):

For our littles (ages 0–24 months):

We have Beyfortus, designed for babies entering their 1st or 2nd RSV season (now through March 2026).

For our elders (ages 60+):

We offer AREXVY and Abrysvo, both safe and effective vaccines.

For expecting moms (32–36 weeks):

Abrysvo helps pass protective antibodies to your baby before birth — giving them early protection through their first 6 months of life.

Need a test?

We can also test for RSV right here in our lab using our Abbott IDNOW analyzers. Stop by TNH to learn more or to schedule your RSV vaccine today!

Opportunities from our *PARTNERS* at Cedar Health Research, ICAE, & TCU



Help Shape the Future of Heart Health

Join local cardiovascular
studies in DFW



Cedar Health Research is now enrolling participants for **Cardiovascular Studies**. If you or someone you know has a history of heart or vascular conditions, you may qualify to join.

Gain access to new investigational medications, receive expert medical care, and contribute to advancements in heart health.

No insurance required. Compensation provided for time and travel for eligible participants. Complimentary transportation available.

CLICK THE LINK BELOW
TO LEARN MORE.
MENTION TNH FOR PRIORITY ACCESS

Those who may qualify:

- Diagnosed with heart or vascular disease
- Adults with a history of heart attack, angina or stroke
- Those who are at risk of another cardiac event
- Have two or more of the following risk factors:
 - High blood pressure
 - High cholesterol
 - Diabetes
 - Current smoker
 - Family history of cardiovascular disease

[Click Here to Learn More About Cardiovascular Studies @ CHR](#)



5th Annual Native American Heritage Month

CONTEST POWWOW

Saturday, Nov. 8, 2025
10am-6pm @ The Discovery District
308 S. Akard, Dallas, TX 75202



Vendors open 10am Gourd Dance 11am Grand Entry 12pm

HEAD STAFF

Head Man: Marcus Thompson	Head Lady: Gracie Thompson
Head Gourd: Lloyd Duck	MC: Marty Thurman
Head Judge: Laray Guerrero	Arena Director: Delvin Johnson
Southern Drum: Sacred Sons	Northern Drum: Anoli
Color Guard: Alabama-Coushatta	Powwow Princess: Matty Littlecreek

CONTEST CATEGORIES

MEN (18-54)

Grass	Straight	Fancy	Chicken	N. Traditional
1 st = \$500		2 nd = \$400		3 rd = \$300

WOMEN (18-54)

Fancy	Shawl	Jingle	Cloth	Buckskin
1 st = \$500		2 nd = \$400		3 rd = \$300

TEENS (13-17)

TEEN BOYS: Combined	TEEN GIRLS: Combined
1 st = \$200	2 nd = \$150 3 rd = \$100

JUNIORS (6-12)

JR BOYS: Combined	JR GIRLS: Combined
1 st = \$200	2 nd = \$150 3 rd = \$100

GOLDEN AGE (55+)

MEN: Fancy/Grass/Chicken combined
MEN: Straight/Traditional combined
WOMEN: Cloth/Buckskin combined
WOMEN: Fancy/Jingle combined
1 st = \$500 2 nd = \$400 3 rd = \$300



In partnership with:



Free Event!
Open to the Public!
Arts & Crafts Vendors!

Free parking w/validation
@ the parking garage at
1212 Jackson St., Dallas, TX 75202

Book Celebration

Nov. 13 5pm

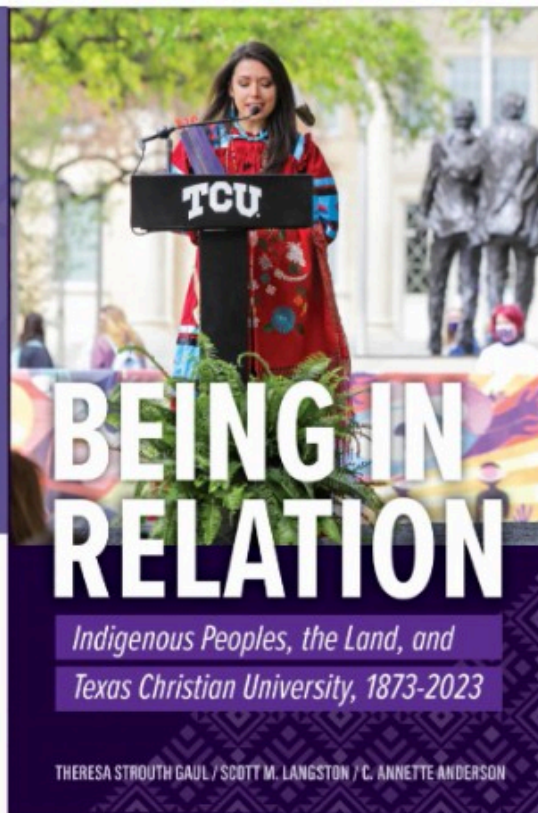
Hear from the contributors to the first Indigenous centered history of TCU's relations with Native peoples and the land.

Location: Fort Worth

Contemporary Arts
3050 Waits Avenue

For directions and parking info call
817-257-2588

- Combine with a visit to Joe Harjo's exhibit "Indian Removal Act III: We are a Wounding" (free admission)
- Enjoy refreshments and a book signing and giveaway



THE ART GALLERIES AT TCU

TCU

CENTER FOR CONNECTION CULTURE

Events & Activities



November Cooking Class

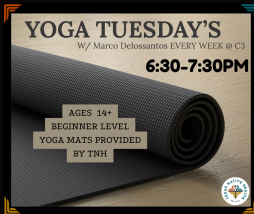
Wednesday, November 12th
10:30 AM

Join this month's cooking class with Amber White, where we will learn to make Butternut

Register For
Cooking
Class

Squash Soup and Apple Grilled Cheese Sandwiches!

*Registration is required.



Yoga Classes

Every Tuesday | 6:30 PM-7:30PM
Hosted by Marco Delossantos

Yoga mats will be provided by TNH. This is a beginner level class for ages 14+. Classes held at C3.

NO YOGA CLASS ON 11/11

Registration is not necessary if you have registered to a previous class

[Register Here](#)



All Levels Fitness Classes

Every Thursday | 6:30 PM-7:30PM
Hosted by Marco Delossantos
Ages 14+

NO FITNESS CLASS ON 11/27

Registration is not necessary if you have registered to a previous class

[Register Here](#)



Native Connections @ C3

OPEN DAILY | 9:00AM-2:00PM
w/ Stephanie Villanueva
Free Lunch with Registration -->

A safe space for older adults to enjoy free time, socializing, board and card games, puzzles, arts & crafts, lite exercises, painting, and group activities with others at our Community Cultural Center (C3). **Adults only.**

NOT AVAILABLE ON 11/11, 11/27, 11/28

[View Calendar of Activities](#)

[Register for Free Lunch](#)

JOIN OUR

Download our app:
HEALTHELIFE
by Cerner Corporation



Ask a member of our Patient Relations team to create your account prior to logging in

PATIENT PORTAL

The TNH Patient Portal is a secure online platform that allows you to access your personal health information. Through our patient portal, you may:

- Update address, contact information, and insurance information.
- View, download, and send medical records.
- View your health profile, current medications, allergies, and health issues.
- View your lab results, medical history, and immunization records.
- Send and receive messages to and from our Patient Relations team.
- Request an appointment.
- Request prescription refills.
- Learn information about your prescription medication, instructions, side effects, interactions, cautions, and uses.
- Access additional features

[View Patient Portal](#)

Programs and Services



Location

1283 Record Crossing Rd
Dallas, Texas 75235

Medical

Primary Care
Dental Services
Pharmacy
Diabetes Education & Management
Immunizations

Behavioral Health

Mental Health Services
Substance Abuse Treatment
Individual/Family Counseling
Victim Services
Human Trafficking Assistance

Operating Hours

Monday - Friday
8:00 AM - 5:00 PM

Need to make an appointment?

[Call us](#)

Community Development

Career & Tuition Assistance
K-12 Tutoring Services
Family & Cultural Activities

Monthly Activities

Elders Circle
Wellness Warriors
Cooking Classes



Support Texas Native Health

Texas Native Health is a safety-net provider and one of 41 remaining urban Indian organizations in the country. Your support helps us continue providing vital programs and services to those in need. Support our mission today.

[Donate](#)

How did you like this email?



Texas Native Health is committed to staying regularly connected with you and your family. Please follow our Facebook and Instagram pages below for daily updates and more news from us.



Texas Native Health | 1283 Record Crossing Rd | Dallas, TX 75235 US

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