

WOMEN'S WELLNESS GATHERING



N8V Butterfly Training Wellness Workshop
Mobility, Klickitat Basket Designs & Choker Making



**Hosted by Nettie
Gould & Rain Rhea**

**Join us to learn
mobility exercises,
eat a salmon dinner,
learn about klickitat
basket designs and
create a choker
necklace!**

THURSDAY OCTOBER 16TH | 6:00PM - 8:00PM

816 CENTRAL AVE NORTH, KENT WA 90832

LIMITED SPOTS

RSVP WITH WELLNESS@UNKITAWA.ORG

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Meet Nettie Gould and Rain Rhea — a mother-daughter duo rooted in tradition, guided by legacy.

Nettie Gould is from the Yakama Nation (Klickitat, Wishram, Wasco, and Cascade Bands) through her mother, and through her father; the Cheyenne and Arapaho Tribes of Oklahoma. Her lineage carries the strength of chieftain families and the deep teachings of the Klickitat people.



Together, Nettie and Rain bead, dance, sing, and live the traditions passed down through generations. They're opening the circle to share a choker making workshop filled with culture, creativity, and connection. Come be part of what's being passed on to the next generation.