

SAGINAW CHIPPEWA INDIAN TRIBE'S



EMPLOYEE & COMMUNITY HEALTH & FITNESS DAY

PRESENTED BY NIMKEE FITNESS & PUBLIC HEALTH AND PARKS & REC

WEDNESDAY, MAY 28TH

7 - 8 AM WALK ONLY, 11-2 PM ALL ACTIVITIES (LUNCH HOUR ONLY)

4-6:30 PM ALL ACTIVITIES

LAWN BEHIND NIMKEE FITNESS CENTER

TEAM COMPETITIONS!

(EARN RAFFLE TICKETS FOR PARTICIPATING IN EACH ACTIVITY AND SCORE POINTS FOR YOUR TEAM)

***WALK, FITNESS CIRCUIT, BASKETBALL SHOT,
GOLF PUTTING, OBSTACLE COURSE***

RAFFLE PRIZES!

SECR GIFT PACKAGE, IPOD NANO, & MORE!

OTHER HEALTH & WELLNESS OPPORTUNITIES

***MASSAGES, MUSIC,
HEALTHY SNACKS, & HEALTH SCREENINGS***

***TROPHY TO DEPARTMENT WITH MOST POINTS
FRAMED CERTIFICATES FOR TOP THREE INDIVIDUALS***

***FOR MORE INFORMATION CONTACT
JADEN HARMAN @ 775-4694***