

**SAGINAW CHIPPEWA INDIAN TRIBE'S**



# ***EMPLOYEE & COMMUNITY HEALTH & FITNESS DAY***

**PRESENTED BY NIMKEE FITNESS & PUBLIC HEALTH AND PARKS & REC**

**WEDNESDAY, MAY 27TH**

**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***