

SAGINAW CHIPPEWA INDIAN TRIBE'S



COMMUNITY & EMPLOYEE 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***

GREAT RAFFLE PRIZES!

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***