



Be W.E.L.L

Challenge Group

Be Willing • **E**nergetic • **L**ove your body • **L**inked to uplifting people

Goal: Create a place filled with motivation, inspiration, love, knowledge and all the support needed to reach goals you only dreamed of.

The key to success is keeping company with people who uplift you, whose presence calls forth your best!

Every other Thursday

Starting March 15

12:10 - 1 p.m.

Nimkee Public Health Kitchen

Upcoming Classes:

March 29, April 12 & 26

Topics include:

- Meal planning
- Positive thinking
- Self defense

For more information, please contact: Jayme Green at 989.775.4696 or jgreen@sagchip.org



Saginaw Chippewa Indian Tribe of Michigan

“Working Together for Our Future”

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