



Nimkee now offering

Wellness Coaching!

Coaching You to Be Well

What is Wellness Coaching?

Wellness Coaches help people reach their best health and wellbeing. They also help you make changes, even when difficult.

What does peak wellness look like for you?

- Fit and strong
- Healthy eating
- Calm and balanced under stress
- Fully engaged and satisfied with life
- Positive and optimistic state of mind
- High energy
- Robust health

Contact information:

To schedule an appointment or for more information, please contact:

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Nimkee
Memorial Wellness Center



Saginaw Chippewa Indian Tribe of Michigan

“Working Together for Our Future”

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