



Wear RED

Fit & Fashion Night

Tuesday, Feb. 13, 2018

5:30 - 8 p.m. | SECR Ballroom

You are invited to dinner and an evening out, sporting whatever red you are comfortable in. This night is all about the red to be mindful of the importance of heart health.

Our first teacher is our own heart. – Cheyenne



Get involved in the movement...

Do you have a hobby or activity that keeps you moving?

1

Email a photo or video of you being active wearing red. Involve your friends/families/pets, think active and red. *(Submitted photos and videos will be shown at the event.)*

-OR-

2

Register (contact Brandon Schultz) to be on stage the night of the event to entertain those in attendance with your best runway walk, or showing off your favorite way(s) to be active.



Nimkee
Memorial Wellness Center

Health education provided by



College of
Medicine



REACH
**JOURNEY to
WELLNESS**

For more information, please contact: Brandon Schultz at 989.775.4663 or bschultz@sagchip.org



Saginaw Chippewa Indian Tribe of Michigan

“Working Together for Our Future”

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