



Services and Programs Offered

► KEY SERVICES AND PROGRAMS:

One-on-one and small-group coaching, program design, health and fitness fundraisers and community events.

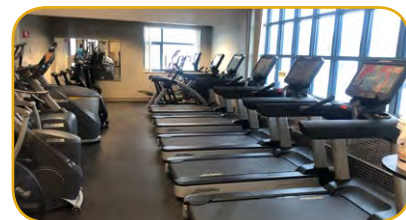
► COMMUNITY EVENTS INCLUDE:

Michigan Indian Family Olympics, Community Health and Fitness Day, Human Race, fitness competitions and more.

**These events help bring community members and staff together to participate in exercise activities to improve cardiovascular health, total body strength, and lean body mass.*

► SPECIAL PROGRAMS OR RESOURCES:

Personalized training programs, 24/7 fitness center access, and free coaching.



TO ACCESS SERVICES, PLEASE CONTACT:

Nimkee Fitness:
989-775-4690

Seth Pifer, Fitness Coordinator:
SPifer@sagchip.org or 989-775-4694

2591 S. Leaton Rd.
Mt. Pleasant, MI 48858



**Saginaw Chippewa Health
& Human Services (SHHS)**

CARES: Care • Accountability • Respect • Excellence • Stewardship

"One SHHS. One Team. Working Together for Our Community."



Saginaw Chippewa Indian Tribe of Michigan
"Working Together for Our Future"

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