

# Group Lifestyle Balance! Healthy Holidays!

An Evidence Based Program of Healthy Lifestyle & Weight Loss

Learn about healthy eating to safely lose weight \*\* Slowly and safely increase physical activity \*\* Learn how to problem solve and stay motivated

**Welcome SRPMIC Community Members!**  
**Tribal Employees & Enterprise Employees**

## Look Better! Feel Better!

Get the Support you need to have a Healthy Holiday Season!



GROUP  
LIFESTYLE  
BALANCE

12:30-1:30pm: Opportunity Center, bldg. #32

5:15-6:15pm: Central Intake Conference, rm. #29

SEPT	21	28		
OCT	5	12	19	26
NOV	2	9	16	30
DEC	7	14		

*Earn 100 Wellpath  
Points  
by attending  
all 12 weeks of classes*



**REGISTER TODAY! Please contact:**

**Maggie Fisher:** [margaret.fisher@srpmic-nsn.gov](mailto:margaret.fisher@srpmic-nsn.gov)

(480) 362-6640

*(Space is limited with preference for community members- call today to reserve a spot!)*

**Fun! Group Support! Health Info! Recipes! Incentives! End of program celebration!**