

Public Health Diabetes Prevention Services

Strong *Ibdak* Healthy *Iiwaa*

2025 SENIOR HEALTH & FITNESS DAY



Join Public Health Diabetes Prevention for a fun and energizing day focused on wellness, movement and community connection!



Date:
Wednesday
May 28, 2025

Time:
9:30am-11:30am

Location:
Way Of Life
Facility
Fitness Center



Event Highlights:

- Group Fitness Activities
- and Demos
- Health & Wellness
- Education
- Health Screenings
- Snacks and Incentives



This event is open to SRPMIC community members & spouses 55+ & adults with adaptive needs

Sign up by May 26th with
Dion.Begay@srpmic-nsn.gov at WOLF
Fitness center - (480)362-7320
or Celinda.Joe@srpmic-nsn.gov at
Senior Services. (480) 876-7180

Request Transportation if need