

**Snowshoe with Members of the Tribal Council this
Thursday!**



SNOWSHOEING SERIES

EVERY THURSDAY STARTING JANUARY 24TH– MARCH 7TH *

Join us every Thursday from 12:00-1:00 pm as we snowshoe around the trails near the clinic.

Meet in the parking lot near the clinic garage

We have snowshoes available to use

Water and a snack will be provided

*Dependent on weather conditions— watch emails for possible cancellations

Sponsored by: SMHWC Community Health Diabetes Prevention Program

CALL WARREN MILLER WITH QUESTIONS: 715-793-5064

150 minutes of physical activity a week can help delay, prevent, and manage diabetes

