

# Servin' Up

**Sign Up: February 3, 2020**



**8-week Challenge**

**3-Minute Step Assessment**

**Monitoring the Heart- Beats Per Min.**

**Three Locations:**

**Administration 8:00-10:00 AM**

**Community Center 10:00-12:00**

**I.H.S Clinic 12:00-4:30 PM**

**NUTRITION**  
CHOOSE RIGHT. LIVE WELL.

*A healthy diet and lifestyle are your best weapons to fight cardiovascular disease*

Contact Kacey Conyers @ 553-2460

michael.holyan@wstribes.org

jennifer.robbs@wstribes.org

