

WARM SPRINGS COMMUNITY
WELLNESS INVITES YOU TO:

FALL INTO FITNESS



Focused on mental and physical
wellness for November!

NOVEMBER 2ND - NOVEMBER 20TH

- Report via email weekly
- Focus on healthy options for lunch
- Exercise for 30 minutes a day



**SIGN UP AND
LEARN MORE
BY CONTACTING
JENNIFER.ROBBINS@WSTRIBES.ORG**

