

Pascua Yaqui Tribal Employees
HITEVI KARI
6 week wellness program
begins Thursday Oct 18, 2018



Fall Into Health

Start the Fall season with an employee centered 6 week weight loss and lifestyle balance program



- Cooking & Fitness demos
- Goal setting opportunities
- Peer support
- Healthy lunch & incentives



Open to all Tribal employees

Dates: Oct 18, 25 • Nov 8, 15, 29 • Dec 6

Time: 12:10 pm-12:50 pm

Location: Wellness Center, Azul Room

**For more information & to RSVP please contact:
Dominique.Henry@pascuayaqui-nsn.gov • 520-879-6137**

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