



MAY - 2024

NIMIIPUU HEALTH

SUN MON TUES WED THUR FRI SAT

HOURS

Clinics: M-F 8am-4:30pm

Pharmacy: M-F 8am-5:30pm

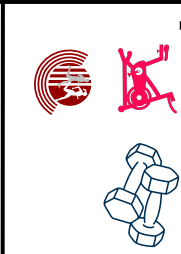
Fitness Center: M-Th 6am-7pm

F 6am-3:30pm

5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

CLOSED
Memorial Day

CLOSED
Cultural Awareness Day



KEY

- Spin Class Cara @ 10am
- Spin Class Cara 6am
- Strong HIIT Class Sequoia 5pm
- Mother's Day Event Lrg. Conf. Rm. 11am-2pm
- Men's Wellness - CRC 8:30am-3:30pm
- Diabetes Education Kamiah Conf. Rm. 1pm
- Medical IRT - Lapwai High School. 8am-5pm
- Medical IRT - Kamiah High School. 8am-5pm
- Lapwai Community Cooking Class Lrg. Conf. Rm. 4:30pm
- Kamiah Mileage Club Weeyees 12pm
- Lapwai Mileage Club LHS Track 12pm

MAY HAPPENINGS

NIMIIPUU HEALTH



Dates to Remember

- | | |
|-------------------------|---|
| Friday-May 3 | Mother's Day Event 11am-2pm NMPH Lrg. Conf. Rm. for mothers, expectant mothers, & kids |
| Thursday-May 9 | Men's Wellness Conference 8:30am-3:30pm CRC Event Center for Tribal members, other tribes, descendants & tribal employees |
| Friday-May 10 | Diabetes Education Class 1pm-3pm Kamiah Conference Room |
| Monday-May 13 | Clinic CLOSED for Cultural Awareness Day
IRT Medical Event Lapwai Elem. & Kamiah H.S. 8am-5pm open to anyone |
| Tuesday-May 14 | IRT Medical Event Lapwai Elem. Lapwai H.S. & Kamiah H.S. 8am-5pm open to anyone |
| Wednesday-May 15 | IRT Medical Event Lapwai Elem. 8am-5pm open to anyone |
| Thursday-May 16 | IRT Medical Event Lapwai Elem. 8am-5pm open to anyone |
| Friday-May 17 | IRT Medical Event Lapwai Elem. 8am-5pm open to anyone
Diabetes Education Class 1pm-3pm Kamiah Conference Room |
| Thursday-May 23 | Diabetes Program/Nutrition Community Cooking Event Lrg. Conf. Rm. 4:30pm-6:00pm open to anyone |
| Monday-May 27 | Nimiipuu Health CLOSED for Memorial Day |

Fitness Classes/Mileage Club

Strong HIIT Class w/Sequoia | Mon & Wed 5pm

45 Min. strength based High Intensity Interval Training (HIIT) Class. Challenge & strengthen muscle while boosting cardio endurance. Blends of strength exercises & cardio bursts for all fitness levels.

Spin Class w/Cara Every | Mon Wed & Fri 6am & Tue & Thur 10am (no class May 9 or week of May 20)

Elevate your fitness with our dynamic 60-Minute spin class! Ride to the beat of energizing songs, led by certified instructor, Cara. Bikes are first come, first serve, there are 10 bikes!

On Demand Classes | Mon-Thur Times Vary

Discover the freedom of fitness on your terms with our **on-demand classes!** The platform offers a variety of classes to suit any mood or schedule. There are also scheduled times to try out some of these classes.

Kamiah Mileage Club | Weeyees 12pm Lapwai Mileage Club | LHS Track 12pm Every Wednesday in May May 6, 16, 21, & 28

The Mileage Club is a Community Health effort initiated to promote walking in our communities. Everyone is welcome to join. Walk and earn charms with us. There are also special days throughout the year where drawings are held for participants.

ALL MOMS, PREGNANT WOMEN,
& CHILDREN WELCOME!

MOTHER'S DAY EVENT

Join our Maternal Child Health Nurse/Certified Lactation Counselor Alishia as she shares valuable resources available to you! There will also be food, informational booths, & a fun activity for kids!

**FRIDAY,
MAY 3, 2024
11AM - 2PM**

Nimiipuu Health Large
Conference Room

For more info contact Alishia
at 208.843.2271 ext. 2919





waq'iswiisa

(I am regaining my health)

Community Cooking Class

with the Nimiipuu Health Diabetes Program

Julie & Marissa will lead us in cooking a delicious meal

Discussion Topic: April-Blood Sugar Control



Julie Keller
Nutritionist

Marissa Verduci
Diabetes Coordinator

THURSDAY MAY 23

4:30PM-6:00PM

NMPH LARGE CONFERENCE ROOM

To sign up or for more info-Marissa 208.843.2271 ext. 2849

NIMIIPUU HEALTH



NMMPH MILEAGE CLUB

LAPWAI

MAY-6, 16,
21, & 28

12PM-1PM
LHS TRACK



- 👣 First three miles completed each month, receive the monthly charm
- 👣 Earn a bonus charm for each additional mile
- 👣 If you walk/jog at least three miles/month (minimum to earn your monthly charm), you will have completed a marathon by the end of the school year
- 👣 Marathon finishers party at the end of the school year
- 👣 Additional Prizes throughout the year!

FOR MORE INFO CALL CRISSY OR JULIE 208.843.9375



NMMPH MILEAGE CLUB






KAMIAH

Wednesdays in MAY!

**1, 8, 15
22, & 29!**

**12PM-1PM
WEEYEES**



-  First three miles completed each month, receive the monthly charm
-  Earn a bonus charm for each additional mile
-  If you walk/jog at least three miles/month (minimum to earn your monthly charm), you will have completed a marathon by the end of the school year
-  Marathon finishers party at the end of the school year
-  Additional Prizes throughout the year!

FOR MORE INFO CALL SONYA OR TAMI 208.935.0733

MEN'S WELLNESS CONFERENCE

• men's health • information • vendors • prizes • food • fun •

MAY 9, 2024

8:30AM-3:30PM

CRC EVENT CENTER

TOPICS

- Dental Health
- Foot Care
- Sexual Health
- Opioid Crisis
- Mental Health



Lunchtime viewing of
Covenant of the Salmon People



MEN ONLY
18 YEARS & UP

FOR TRIBAL COMMUNITY
MEMBERS & TRIBAL
EMPLOYEES

FOR MORE INFO CONTACT NMPH COMMUNITY HEALTH 208.843.9375



EVERY DAY

May 13-17

**@ Lapwai
Elementary
School**

Healthy, Happy YOU!

No cost healthcare provided by the Idaho National Guard. **All Ages. Tribal Membership Not Required.**

Bring your family and **receive any of the following treatments below at no cost** Then, enjoy evening activities with the Idaho National Guard Team.



Eye Check

- Optometry check-up



Dental Care

- Dental Exams
- Dental sealants
- Simple Treatments



General Health

- Diabetic/Asthma/
Cardiovascular Exams
- Department of
Transportation and
Sports Physicals
- Annual Physicals
- Immunizations

Scan & Save
Flyer/Forms



**For more information contact Cara at
208.621.4964 or caraw@nimiipuu.org**



May 13 & 14
Kamiah High
School Science
Classroom

Healthy, Happy YOU!

No cost healthcare provided by the Idaho National Guard. **All Ages. Tribal Membership Not Required.**

Bring your family and **receive any of the following treatments below at no cost** Then, enjoy evening activities with the Idaho National Guard Team.



General Health

- Diabetic/Asthma/ Cardiovascular Exams
- Department of Transportation and Sports Physicals
- Annual Physicals
- Immunizations

For more information contact Cara at 208.621.4964 or caraw@nimiipuu.org

Diabetes Education Classes

Open to anyone!



May | 10 & 17

1PM–3PM

Nimiipuu Health Kamiah
Conference Room

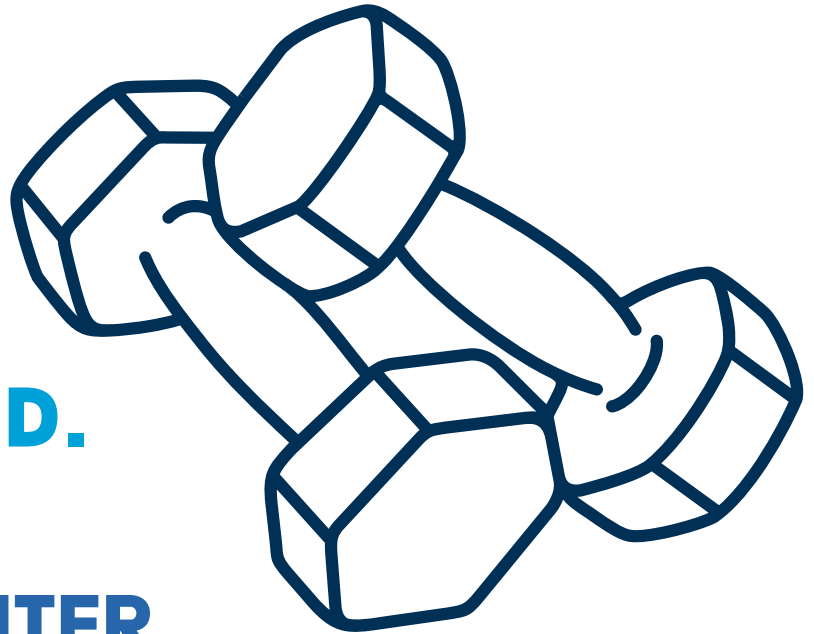


Hosted By
Kamiah Community Health
&
Syringa Hospitals & Clinics



For more info or to sign up contact Sonya or Tami 208.935.0733

STRONG HIIT CLASS



EVERY MON. & WED.
5PM-6PM
NMPH FITNESS CENTER

IGNITE YOUR STRENGTH!

IGNITE YOUR STRENGTH AND TORCH CALORIES IN OUR 45-MINUTE STRENGTH-BASED HIIT CLASS! THIS HIGH-INTENSITY INTERVAL TRAINING (HIIT) SESSION IS DESIGNED TO CHALLENGE AND STRENGTHEN MUSCLES WHILE BOOSTING CARDIOVASCULAR ENDURANCE. LED BY CERTIFIED TRAINER, SEQUOIA DANCE, EACH CLASS FEATURES A DYNAMIC BLEND OF STRENGTH EXERCISES AND CARDIO BURSTS, MAXIMIZING EFFICIENCY AND RESULTS. PUSH OUTSIDE OF YOUR COMFORT ZONE WITH CHALLENGING INTERVALS THAT ALTERNATE BETWEEN INTENSE EFFORT AND BRIEF RECOVERY PERIODS. WITH FOCUS ON FUNCTIONAL MOVEMENTS AND PROPER FORM, IT IS SUITABLE FOR ALL FITNESS LEVELS. THIS CLASS IS SLIGHTLY MORE INTENSE THAN THE FULL BODY FOUNDATIONS. EMBRACE COMMUNITY AND UNLEASH YOUR INNER POWERHOUSE IN THIS EXHILARATING AND EFFECTIVE WORKOUT EXPERIENCE!

For more info contact Sequoia at sequoia.dance@nimiipuu.org or 208.843.2271 ext. 2977

CYCLING CLASSES



EVERY MON. WED. & FRI.

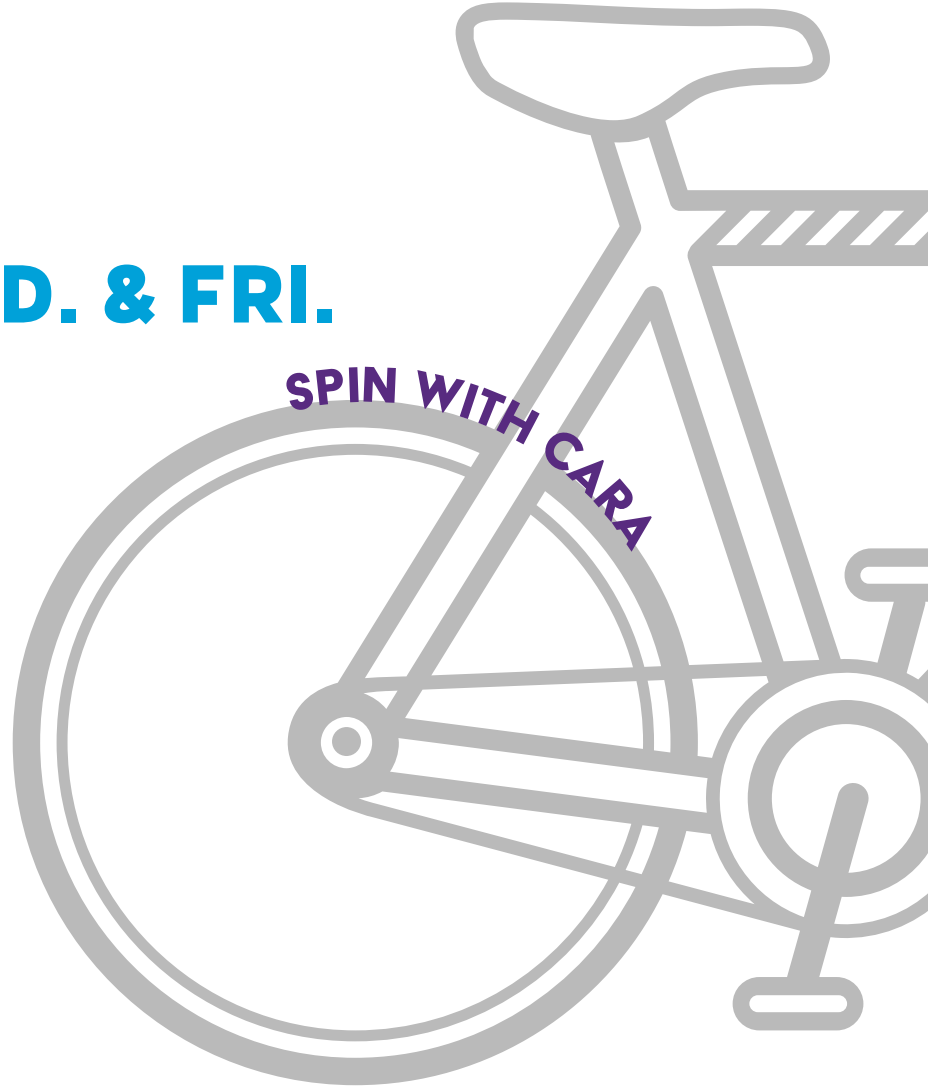
6AM-7AM

**NMPH FITNESS
CENTER**

TUE. & THUR

10AM-11AM

**NMPH FITNESS
CENTER**



RIDE WITH US!

ELEVATE YOUR FITNESS WITH THIS DYNAMIC 60-MINUTE SPIN CLASS! RIDE TO THE BEAT OF ENERGIZING SONGS, LED BY CERTIFIED INSTRUCTOR, CARA. DURING THIS HEART-POUNGING, COMMUNITY FITNESS EXPERIENCE, TAILOR YOUR RIDE WITH ADJUSTABLE BIKE RESISTANCE, PERFECT FOR ALL FITNESS LEVELS. ENHANCE CARDIOVASCULAR HEALTH THROUGH HIGH-INTENSITY INTERVALS, BURN CALORIES, SCULPT MUSCLES, & BOOST STAMINA! WHETHER YOU'RE A SPINNING PRO OR A NEWCOMER, THIS CLASS IS A FUN, HEART HEALTHY JOURNEY TO A STRONGER YOU. OUR 7 BIKES ARE FIRST COME, FIRST SERVE.

For more info contact Sequoia at sequoia.dance@nimiipuu.org or 208.843.2271 ext. 2977