



JANUARY-2026

NIMIIPUU HEALTH



SUN

MON

TUES

WED

THUR

FRI

SAT

HOURS

✉ caram@nimiipuu.org

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

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

Fitness Center: M-Th 6am-7pm

F 6am-3:30pm

1
NIMIIPUU HEALTH
CLOSED
New Year's Day



3

4

5



7

8



10

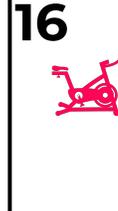
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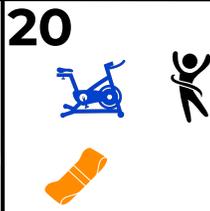
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17

18

19
NIMIIPUU HEALTH
CLOSED
MLK Jr. Day



21



24

25



28



31

KEY

Lapwai Community Cooking Class
Lrg. Conf. Rm. 4:30pm

Kamiah Band, Strength & Stability Class
Wa-A'Yas 12pm

Spin Class
Cara 6am

Kamiah Mileage Club
Inside Wa-A'Yas 12pm

Band, Strength & Stability Class
Class-Fitness Center 12pm

Wellness Support Group
Lapwai Conf Rm 5pm

Lapwai Mileage Club
LHS Track 12pm

Kamiah Fit & Fall Proof
Class-Wa-A'Yas 1pm

Spin Class
Cara 11am

Mobile Food Dist.
LHS 9am

Lapwai Strong & Steady Class
5pm

Strong & Steady



“Strong & Steady” is a **fun, supportive, & inclusive movement class**, designed to improve your balance, strength, & coordination. It is for **all ages & fitness levels**. Whether you're beginning your fitness journey or wanting to remain active & injury-free, this class helps build a solid foundation for confident, everyday movement. Through low-impact exercises, participants will **improve core stability, joint mobility, & muscular endurance**, while enhancing fall prevention skills. Modifications are offered to meet each participant's comfort & ability. Come as you are. Move at your pace. Leave feeling stronger & steadier.



NEW TIME!

LAPWAI
5:00PM-5:45PM | FITNESS CENTER
EVERY TUES & THURS!
In the NMPH Lobby-meet in the fitness center first

For more info- Lapwai: 208.843.2271 ext.2847 Kamiah: 208.935.0733



waq'iswiisa

(I am becoming well)

Events!

— EVERYONE —
Welcome!

Community Support Group | 5pm-6pm | NMPH Conf. Rm.

Join Diabetes Program Coordinator, Marissa & Kiara, LMSW

Tue. Dec. 16 - Year-end reflection & Goal Setting

A look back on the past year, celebrating progress, & learning from challenges. Together we'll set clear, realistic goals for the new year with purpose & motivation.



Tue. Jan. 6 - Fresh Start & Healthy Habit Building

Goal setting for the New Year and creating small sustainable habits for change.

Community Cooking Class | 4:30pm-6pm | NMPH Conf. Rm.

Join Nutritionist, Julie & Diabetes Program Coordinator, Marissa



Thur. Dec. 11 - Baking light

Sweets You Can Feel Good About. Learn about healthier baking techniques

Thur. Jan. 22 - Warming up with fiber

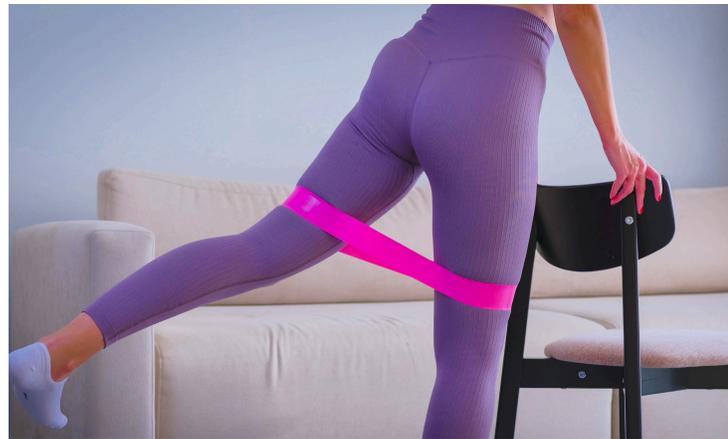
The Secret to Feeling Full. Importance of dietary fiber for digestion, satiety, & blood sugar stability.

This is a Nimiipuu waq'iswiisa (I am Becoming Well) Wellness Program Event. For more info/to sign up contact Marissa: marissav@nimiipuu.org or 208.843.2271 ext.2849

Band, Strength & Stability



“Band, Strength, & Stability” is a **welcoming, full-body workout** designed for participants of **all ages and fitness levels**. This class uses resistance bands to **build muscular strength, improve core stability, and enhance overall endurance**, all while promoting controlled, mindful movement.



Lapwai
Every Tue. & Thur.
12pm-Fitness Center

Kamiah
Jan. 9 & 23 | Feb. 20 & 27
12pm-Wa-A'Yas

- Everyone is Welcome! -

For more info- Lapwai: 208.843.2271 ext.2847 Kamiah: 208.935.0733

Nimiipuu Health

Fit *and* Fall Proof



KAMIAH

1:00PM-1:45PM | WA-A'YAS

NOVEMBER
3, 5, 10, 12, 17, 19

DECEMBER
1, 3, 8, 10, 15, 17

JANUARY
5, 7, 12, 14, 21, 26, 28



Exercise Classes for Older Adults

- Improve your balance, strength, & mobility
- Reduce your risk of falling
- Meet up with friends and have fun
- Free & Available to Anyone

Fit *and* Fall Proof® For more information please contact Sonya - 208.935.0733

CYCLING CLASSES

MONDAYS
WEDNESDAYS
& FRIDAYS
@ 6AM

TUESDAYS
@ 11AM

in the NMPH Fitness Center



For questions or more information
208.843.2271 ext.2847



Nimiipuu Health Mileage Club



KAMIAH

12PM-1PM | WA-A'YAS

DECEMBER - 3, 10 & 17

JANUARY - 7, 14, 21 & 28

LAPWAI

12PM-1PM | LHS TRACK

DECEMBER - 2, 8 & 19

JANUARY - 6, 12, 22 & 30

WALK
WITH US!



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

KAMIAH- SONYA OR TAMI 208.935.0733 | LAPWAI- CRISSY OR JULIE 208.843.9375