



FEBRUARY-2026

NIMIIPUU HEALTH

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2  	3    	4   	5  	6 	7
8	9   	10    	11   	12   	13  	14
15	16 NIMIIPUU HEALTH CLOSED <i>President's Day</i>	17    	18   	19   	20  	21
22	23  	24   	25   	26   	27   	28
					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	

KEY

-  Wellness Support Group Lapwai Conf Rm 5pm
-  Lapwai Mileage Club LHS Track 12pm
-  Kamiah Fit & Fall Proof Class-Wa-A'Yas 1pm
-  Art Therapy Class PiNeeWaus 5pm
-  Mobile Food Dist. LHS 9am
-  Lapwai Strong & Steady Class 5pm
-  Spin Class -Dr. Capawana 12pm
-  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-Fitness Center 12pm
-  Spin Class Cara 11am

Art Therapy Class



12
February
5-7 pm
Pi-Nee-Waus

***This event is for individuals
with cognitive decline***

Art supplies provided. Attendees are welcome to bring one family member or caregiver.



Please sign up by February 10 via email or telephone
jessicaf@nimiipuu.org or shayna.gomez@nimiipuu.org
or call 208.843.2271 ext. 2915

This event is hosted by the Nimiipuu Health Memory Care Program

Nimiipuu Health Mileage Club



KAMIAH

12PM- 1PM | WA-A'YAS

FEBRUARY - 4, 11, 18 & 25

MARCH - 4, 11, 18 & 25

LAPWAI

12PM- 1PM | LHS TRACK

FEBRUARY - 3, 9, 17 & 26

MARCH - 3, 12, 17 & 23

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

Nimiipuu Health

Fit *and* Fall Proof



KAMIAH

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

FEBRUARY

2, 4, 9, 11, 18, 23, 25

MARCH

2, 4, 9, 11, 16, 18, 23, 25, 30

APRIL

1, 6, 8, 13, 15, 20, 22, 27



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

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
Feb. 20 & 27
12pm-Wa-A'Yas

- Everyone is Welcome! -

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



waq'iswiisa

(I am becoming well)

Events!

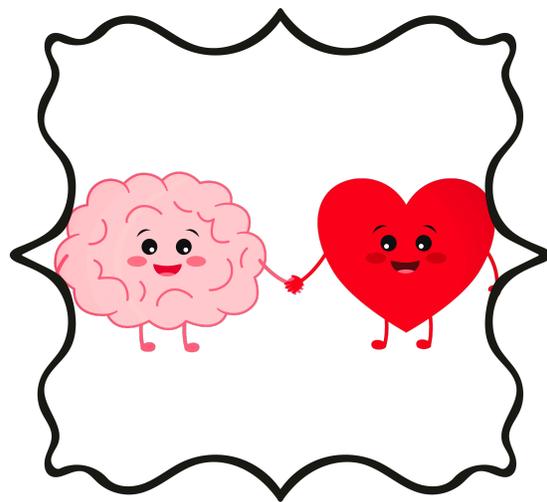
— EVERYONE —
Welcome!

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

Join Diabetes Program Coordinator, Marissa & Kiara, LMSW

Tue. Feb. 3 - Heart Health & Emotional Connection

Heart Health Month. Understanding your risk. Strengthening communication in relationships.



Tue. Mar. 3 - Re-energize & Prepare for Spring

Decluttering your mind & space. Managing anxiety in changing seasons.

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

Join Nutritionist, Julie & Diabetes Program Coordinator, Marissa



Thur. Feb. 19 - Heart Health in Every Bite

Connection between diabetes & heart health; reducing sodium saturated fat, & added sugars

Thur. Mar. 19 - Smart Carbs, Strong Energy

Understanding carbohydrates, reading nutrition labels, & choosing complex carbs for steady blood sugar.

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

CYCLING CLASSES

in the NMPH Fitness Center



MON. WED. & FRI.

@ 6AM

TUE. @ 11AM

With Cara



FRIDAYS @ 12PM

FEB. 13 & 27

MAR. 6, 13 & 27

With Dr. Capawana



For questions or more information
208.843.2271 ext.2847

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.



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