



































































APRIL - 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  	2  	3  	4
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  NIMIIPUU HEALTH CLOSED <i>All-Staff Meeting</i>	30   		

KEY

-  Lapwai Mileage Club LHS Track 12pm
-  Spin Class -Dr. Capawana 12pm
-  Mobile Food Dist. LHS 9am
-  Kamiah Band, Strength & Stability Class Wa-A'Yas 12pm
-  Kamiah Mileage Club Inside Wa-A'Yas 12pm
-  Career Fair PiNeeWaus 9am
-  Spin Class Cara 11am
-  Lapwai Community Cooking Class Lrg. Conf. Rm. 4:30pm
-  Wellness Support Group Lapwai Conf Rm 5pm
-  Kamiah Fit & Fall Proof Class-Wa-A'Yas 1pm
-  Lapwai Strong & Steady Class 5pm
-  Lapwai Fit & Fall Proof Class Lapwai Conf Rm Wed-2:30pm/Thur-10am
-  Men's Wellness Conf. CRC Event Center 8am
-  Spin Class Cara 6am

Fit *and* Fall Proof®

FREE EXERCISE CLASS FOR OLDER ADULTS



Wednesdays 2:30-3:30pm

and

Thursdays 10:00-11:00am

Nimiipuu Health

Community Health – Large Conference Room

111 Beaver Grade, Lapwai, ID

Improve your balance · Reduce your risk of falls · Meet new friends · Have fun!

208-843-7254

Maria Garcia

Fit and Fall Proof® Volunteer Class Leader



Nimiipuu Health

Men's Wellness Conference 2026

Invest in your health.
Protect your future.



**Thursday
April 2nd**

8AM-3PM

**Clearwater River Casino
Event Center**

- Breakfast & Lunch Provided
- Door Prize Drawings
- Health & Wellness
Presentations

Agenda 
**PLEASE
JOIN US!**



Contact Us

(208) 843 . 9375

Community Health Department

2nd Annual



CAREER FAIR

Opportunity Starts Here



EMPLOYMENT OPPORTUNITIES



MOCK INTERVIEW SESSIONS



RESUME WRITING / UPDATES



PROFESSIONAL HEADSHOTS

APRIL 23, 2026
9 AM - 3 PM
PINEEWAUS
LAPWAI, ID

BOOTH REGISTRATION



Welcoming
All Job Seekers,
HS & College Students
FREE Lunch at noon

Contact Chantal Ellenwood for more information chantale@crcasino.com, 208-791-3525



waq'iswíisa

(I am becoming well)

Events!

— EVERYONE —
Welcome!

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

Join Diabetes Program Coordinator, Marissa & Kiara, LMSW

Tue. April 7 - Reset your sleep energy

Improve rest patterns for better daily energy

Tue. May 5 - Finding Calm in the Chaos

Quick nervous system resets that work anywhere



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

Join Nutritionist, Julie & Diabetes Program Coordinator, Marissa



Thur. April 16 - Spring Reset: Reducing Added Sugars

Identifying hidden sugars in foods & learning healthy swaps for snacks & desserts

Thur. May 14 - Mindful Meals: Eating with Intention

Mindful eating habits, stress & blood sugar connection & slowing down at mealtime

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

Nimiipuu Health Mileage Club



KAMIAH

12PM-1PM | WA-A'YAS

APRIL - 1, 8, 15 & 22

MAY - 6, 13, 20 & 27

LAPWAI

12PM-1PM | LHS TRACK

APRIL - 3, 9, 16, 20 & 27

MAY - 5, 14 & 28

**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
Apr. 3 & 17
12pm – Wa-A'Yas

- Everyone is Welcome! -

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

CYCLING CLASSES

in the NMPH Fitness Center



MON. WED. & FRI.

@ 6AM

TUE. @ 11AM

With Cara



FRIDAYS @ 12PM

APRIL 24

MAY 1, 8, & 22

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