



MAY - 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	30
						31

NIMIIPUU HEALTH
CLOSED
Cultural Awareness

NIMIIPUU HEALTH
CLOSED
Memorial Day

LUNCH & LEARN

1pm-2pm

KEY

- Lapwai Mileage Club LHS Track 12pm
- Spin Class -Dr. Capawana 12pm
- Spin Class Cara 11am
- Medicare Workshop Lapwai Conf Rm 10:30am
- Band, Strength & Stability Class-Fitness Center 12pm
- Wellness Support Group Lapwai Conf Rm 5pm
- Kamiah Band, Strength & Stability Class Wa-A'Yas 12pm
- Kamiah Mileage Club inside Wa-A'Yas 12pm
- No-Cost Medical Event (IRT) Elementary 8am-5pm
- Spin Class Cara 6am
- Kamiah Fit & Fall Proof Class-Wa-A'Yas 1pm
- Mobile Food Dist. LHS 9am
- Lapwai Fit & Fall Proof Class Lapwai Conf Rm Wed-2:30pm/Thur-10am
- Lapwai Community Cooking Class Lapwai Conf Rm 4:30pm
- Hospice Lunch & Learn Lapwai Conf Rm 12pm

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



800-247-4422 shiba.idaho.gov

Open to the Public

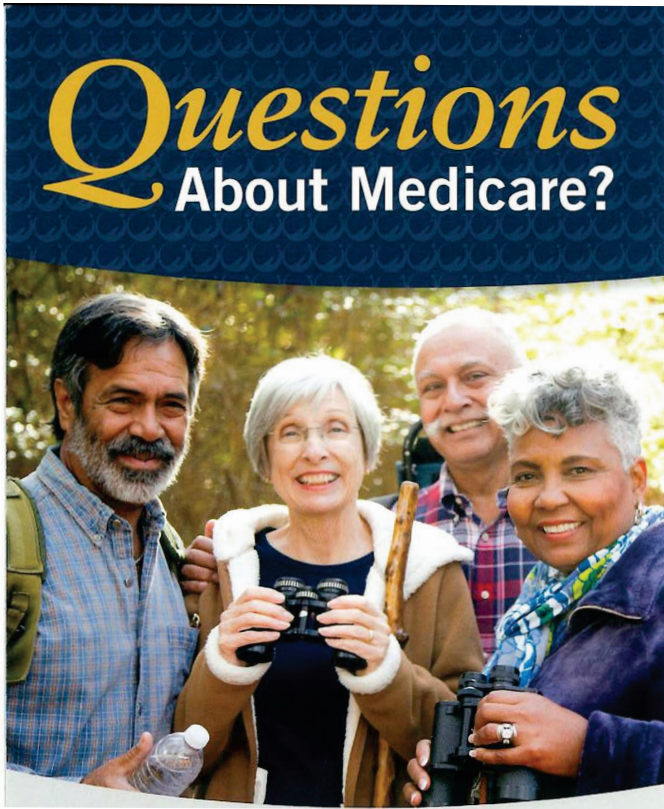
NO Cost

Veterans Welcomed!



Medicare Workshop

Learn all you need to know to start Medicare successfully



Turning 65 Soon?

Leaving Group Health Insurance?

Part A and Part B

Medigap /Supplements

Medicare Advantage Plans Prescription

Drug Plans

SHIBA has Answers!

Wednesday, May 6th, 2026
10:30 a.m. - noon

Nimiipuu Health
111 Bever Grade, Lapwai
Large Conference Room

For information contact SHIBA 800-247-4422



This project was supported, in part by grant number 2402IDMISH, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

Lunch & Learn



TOPIC: COMFORT CARE 101

FREE & OPEN TO ANYONE

Tuesday, May 5

12pm-1pm

NMPH Lapwai Conf. Rm.

Learn about hospice & have your questions answered

Presented by Bethany
Heart 'n Home Hospice



For more information call Community Health at 208.843.9375



Healthy, Happy You!






NO COST MEDICAL EVENT-OPEN TO EVERYONE

May 12-21 | 8am-5pm | Lapwai Elementary

(No Services Sunday, May 17)

Services :

-  ● Optometry check-up (May 12-14)
-  ● Dental Exams, sealants, & simple dental treatments
-  ● Diabetic, Asthma, & Cardiovascular Exams
- Department of Transportation (DOT) Physicals (May 16 & 18)
- Sports & Annual Physicals
- Immunizations



Location: Lapwai Elementary - 170 Agency Rd.



No cost medical care provided by the Idaho Army National Guard in partnership with Love Heals, Nimiipuu Health & Lapwai Schools. EVERYONE IS WELCOME.

Updated 4/30/26

For more info: (208)621-4964 or caram@nimiipuu.org



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. May 12 - Finding Calm in the Chaos

Quick nervous system resets that work anywhere

Tue. June 9 - Preventing Summer

Overwhelm Recognize & reduce seasonal stress early



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

Join Nutritionist, Julie & Diabetes Program Coordinator, Marissa



Thur. May 14 - Mindful Meals: Eating with Intention

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

Thur. June 11 - Summer Grilling & Staying Hydrated

Healthy grilling techniques, choosing low-sugar marinades, and hydration tips for warm weather.

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**

**TUES. @ 11AM
MAY 5 & 26**

With Cara



**FRIDAYS @ 12PM
MAY 1, 8, & 22**

With Dr. Capawana

For questions or more information
208.843.2271 ext.2847

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

1pm-2pm

**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

MAY

4, 6, 13, 18, 20, 27

JUNE

1, 3, 8, 10, 15, 22, 24, 29

JULY

1, 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

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
May 1 & 22
12pm-Wa-A'Yas

- Everyone is Welcome! -

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