





















































JUNE - 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  	17 NIMIIPUU HEALTH CLOSED <i>Whitebird Memorial</i>	18  	19 NIMIIPUU HEALTH CLOSED <i>Juneteenth</i>	20
21	22  	23  	24   	25  	26   	27
28	29  	30  			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

 Spin Class -Dr. Capawana 12pm

 Lapwai Fit & Fall Proof Class Lapwai Conf Rm Wed-2:30pm/Thur-10am


 Kamiah Mileage Club Inside Wa-A'Yas 12pm


 Spin Class Cara 11am

 Band, Strength & Stability Class-Fitness Center 12pm

 Spin Class Cara 6am

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

 Wellness Support Group Lapwai Conf Rm 5pm

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

 Mobile Food Dist. LHS 9am

 Lapwai Community Cooking Class Lapwai Conf Rm 4:30pm

 Pride Event 11am Community Health Lawn

COMMUNITY HEALTH LAWN IN FRONT OF NMPH

PRIDE EVENT

CELEBRATE LOVE

COLOR & PRIDE



MUSIC ♦ FOOD ♦ PRIZES ♦ BALLOON FUN

FRI. JUNE 12



11AM-1PM

FOR MORE INFO CONTACT TINA: 208.843.9375 EXT. 2971

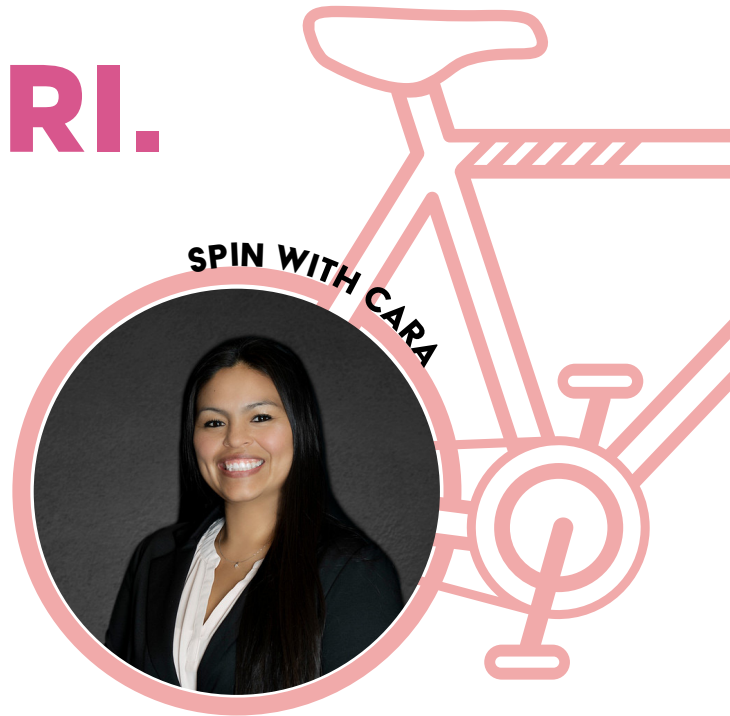
CYCLING CLASSES

in the NMPH Fitness Center



**MON. WED. & FRI.
@ 6AM**

TUES. @ 11AM
With Cara



FRIDAYS @ 12PM
JUNE 12 & 26
JULY 10 & 24

With Dr. Capawana

For questions or more information
208.843.2271 ext.2847

Nimiipuu Health Mileage Club



KAMIAH

12PM-1PM | WA-A'YAS

JUNE - 3, 10 & 24

JULY - 1, 15 & 22

LAPWAI

Lapwai Mileage Club will be on a brief hiatus for the month of June. We'd like to encourage families to move your bodies daily & drink water. We will see you in July!

**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



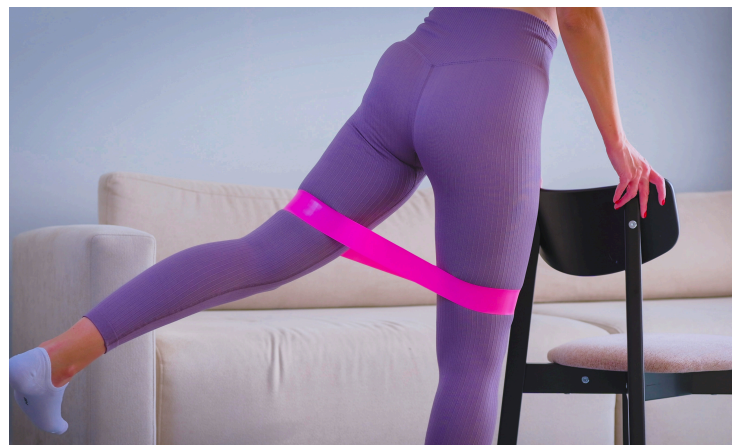
Exercise Classes for Older Adults

- 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
June 5 & 26
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. 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

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