



AUGUST - 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

NIMIIPUU HEALTH
CLOSED
Big Hole Memorial

11



12



13



14



15

16

17



18



19



20



21



22

23

24



25



26



27



28



29

30

31

KEY



Wellness Support Group
Lapwai Conf Rm 5pm



Lapwai Community Cooking Class
Lapwai Conf Rm 4:30pm



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



Spin Class
Cara 11am



Spin Class
Cara 6am

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



Mobile Food Dist.
LHS 9am



Kamiah Mileage Club
Inside Wa-A'Yas 12pm



Band, Strength & Stability
Class-Fitness Center 12pm



Medicare Workshop
Lapwai Conf Rm 10:30am



FOOD PANTRY

The Idaho Food Bank will be
providing a Mobile Food Pantry
distribution in Lapwai

August 11, 2026

Approximately 9 AM

*****While Supplies Last*****

**HIGH SCHOOL GYMNASIUM
PARKING LOT**

Any questions please contact
Thunder 208-843-7306, Nez Perce Tribe Food &
Nutrition
Or
Crissy 208-843-9375 ext. 2948, NMPH
Community Health



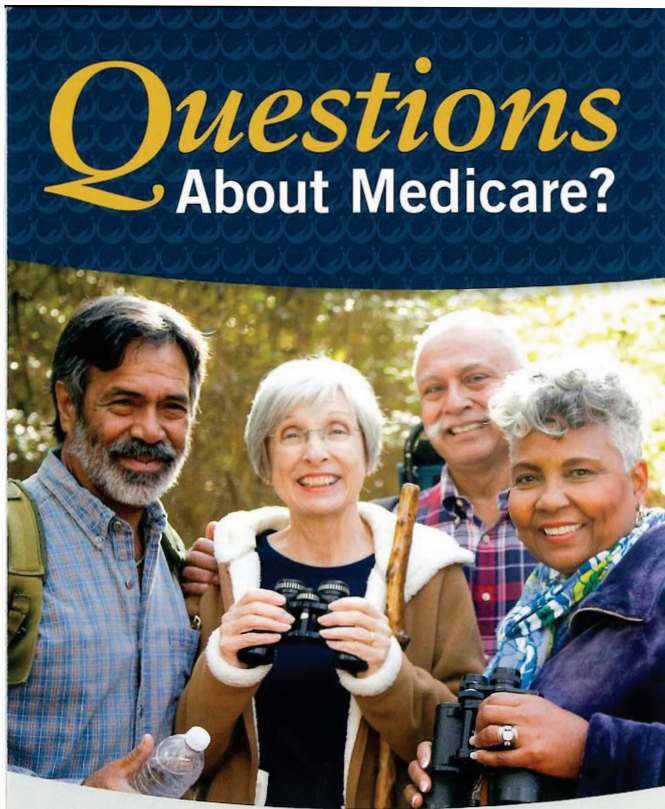
800-247-4422 shiba.idaho.gov

*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, Aug 12, 2026
10:30 a.m. - noon**

**Nimiipuu Health
111 Bever Grade, Lapwai
Large Conference Room**

For information contact **SHIBA 800-247-4422**



SHIP
State Health Insurance
Assistance Program



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.



— EVERYONE —
Welcome!

waq'iswiisa (I am becoming well) Events!

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

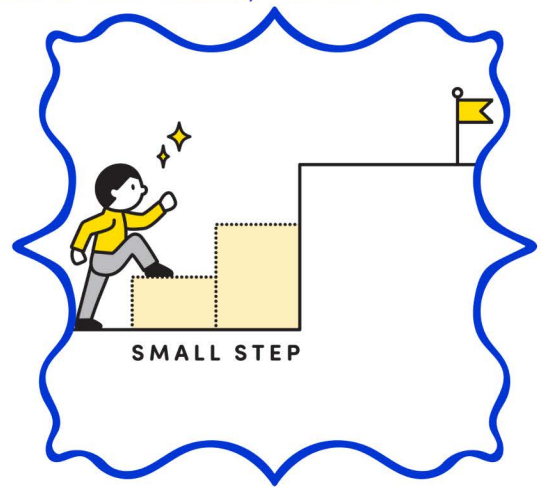
Join Diabetes Program Coordinator, Marissa & Kiara, LMSW

Tue. August 11 - Small Changes, Big results

Celebrating progress over perfection

Tue. September 1 - Resetting routines for fall

Explore how to build sustainable routines as schedules become busier in the fall



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

Join Nutritionist, Julie & Diabetes Program Coordinator, Marissa



Thur. August 13 - Eating the Rainbow

Adding a variety of fruits & veggies to increase fiber intake, support blood sugar management & improve overall health

Thur. September 3 - Meal Prep for Success

Simple meal planning & prep techniques for convenience to help maintain stable blood sugar levels through the week

Cycling Classes



in the NMPH Fitness Center

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

TUES. @ 11AM

With Cara



DR. CAPAWANA IS TAKING A
BREAK FROM TEACHING CLASSES
IN AUGUST BUT WILL BE BACK IN
ACTION FOR SEPTEMBER!



FRIDAYS @ 12PM

SEPT. 4, 11, & 25

OCT. 9 & 23

With Dr. Capawana

For questions or more information
208.843.2271 ext.2847

Nimiipuu Health Mileage Club



KAMIAH

12PM-1PM | WA-A'YAS

AUGUST - 12, 19 & 26

SEPTEMBER - 2, 9, 16 & 23

OCTOBER - 7, 14, 21 & 28

LAPWAI

12PM-1PM | LHS TRACK

Lapwai on pause for summer



- 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!



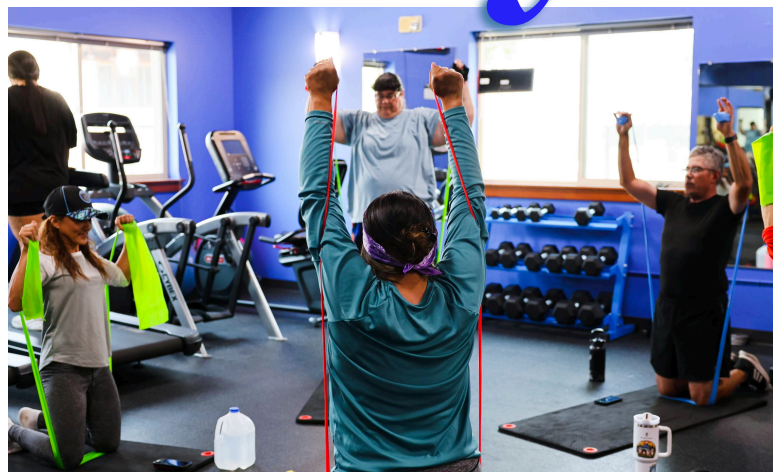
FOR MORE INFO

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

Band, Strength & Stability



A welcoming, full-body workout for all ages & fitness levels. Use resistance bands to build muscular strength, improve core stability, & enhance overall endurance, while promoting controlled, mindful movement.



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

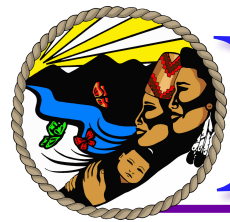
No Lapwai class August 4 & 6

**Kamiah
August 14 & 28
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

AUGUST

3, 12, 17, 19, 24, 26, 31

SEPTEMBER

2, 9, 14, 16, 21, 23, 28

OCTOBER

7, 14, 19, 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