



SEPTEMBER - 2026

NIMIIPUU HEALTH

SUN

MON

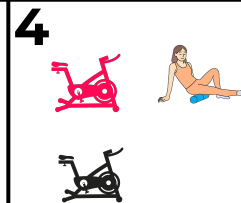
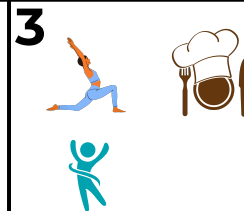
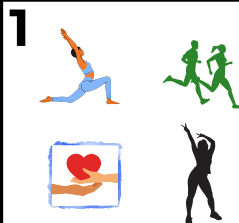
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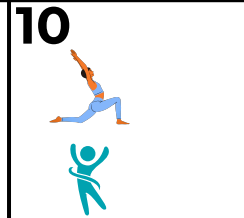
SAT



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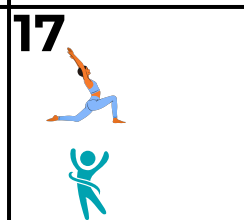
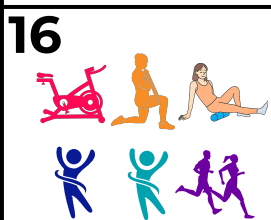
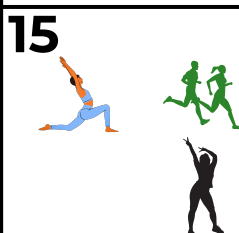
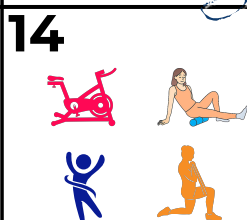
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NIMIIPUU HEALTH
CLOSED
Labor Day



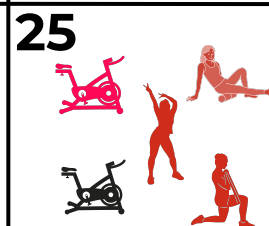
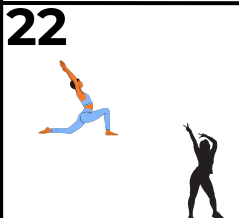
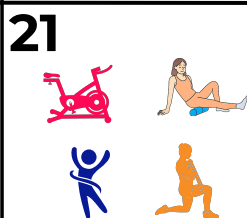
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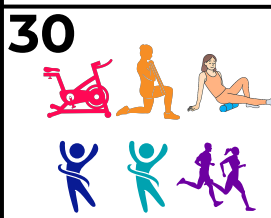
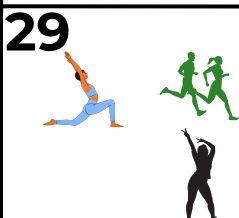
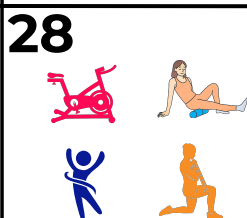
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HOURS ✉ caram@nimiipuu.org
Clinics: M-F 8am-4:30pm
Pharmacy: M-F 8am-5:30pm
Fitness Center: M-Th 6am-7pm
F 6am-3:30pm

KEY



Wellness Support Group
Lapwai Conf Rm 5pm



Zumba Dance Class-Kristine
Fitness Center 6:30am



Spin Class -Dr.
Capawana 12pm



Suicide Awareness Walk
LHS Track 11:30am



Lapwai Fit & Fall Proof Class Lapwai
Conf Rm Wed-2:30pm/Thur-1pm



Pilates - Marissa
Fitness Center 12pm



Kamiah Mileage Club
Inside Wa-A'Yas 12pm



Kamiah-Zumba Dance Class
Kristine - Wa-A'Yas 1pm



Kamiah Myo-Fascial Magic
Class-WA-A'Yas 11am



Kamiah Resistance Band
Class Wa-A'Yas 12pm



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



Kamiah Art Therapy
Session Wa-A'Yas 5pm



Lapwai Mileage Club
LHS Track 12pm



Spin Class
Cara 6am



Resistance Band Class
Fitness Center 12pm



Mobile Food Pantry
Distribution LHS 9am



Myo-Fascial Magic Class
Fitness Center 11am