



SEPTEMBER - 2026

NIMIIPUU HEALTH

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MON

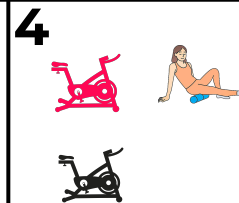
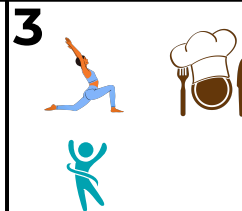
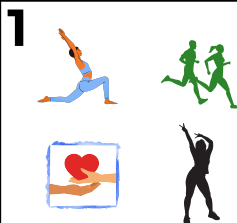
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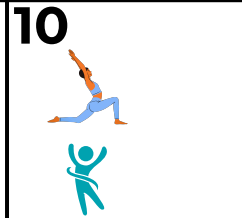
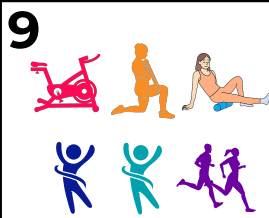
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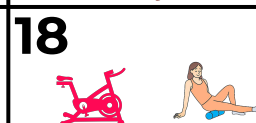
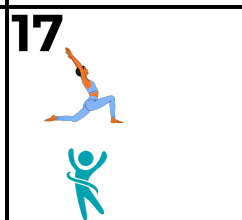
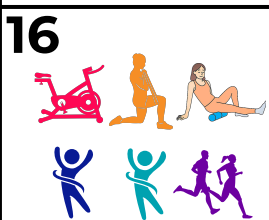
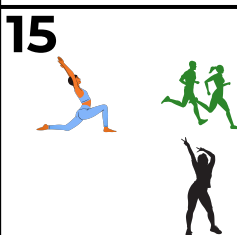
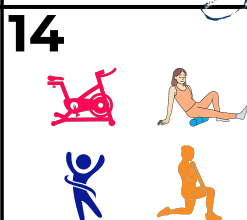
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NIMIIPUU HEALTH
CLOSED
Labor Day



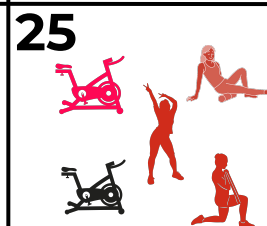
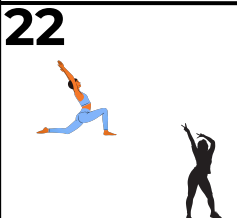
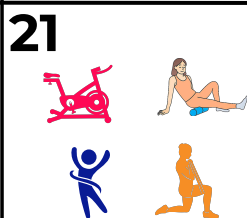
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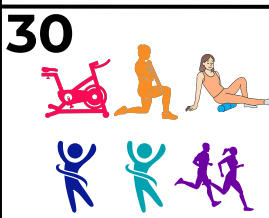
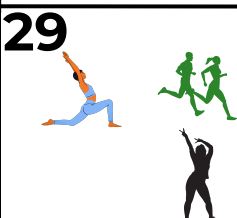
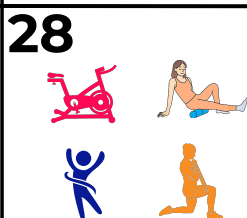
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26

27



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



Community Cooking Class
Lapwai Conf Rm 4:30pm



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



Kamiah Mileage Club
Inside Wa-A'Yas 12pm



Kamiah Resistance Band
Class Wa-A'Yas 12pm



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



Mobile Food Pantry
Distribution LHS 9am



Myo-Fascial Magic Class
Fitness Center 11am



Lapwai Mileage Club
LHS Track 12pm



Spin Class
Cara 6am



Resistance Band Class
Fitness Center 12pm



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



Kamiah Art Therapy
Session Wa-A'Yas 5pm

Stay Active w/Nimiipuu Health!

SEPT.

2026

Classes/Opportunities

Description

RESISTANCE BANDS W/KRISTINE

Mon. & Wed. | 12-12:45pm | Fitness Center

KAMIAH

Sept. 11, 25 & Oct. 9, 23 | 12pm-12:45pm | Wa-A'Yas



Full-body strength class w/resistance bands for strength, stability, & mobility

MYO-FASCIAL MAGIC W/KRISTINE

Mon. Wed. Fri. | 11-11:30am | Fitness Center

KAMIAH

Sept. 11, 25 & Oct. 9, 23 | 11-11:30am | Wa-A'Yas



Self-care & injury-prevention w/stretchers, mobility & myofascial release to reduce tension & improve movement

SPIN CLASS W/DR. CAPAWANA

Sept. 4, 11, 25 | 12-12:45pm | Fitness Center
Oct. 9, 23



Energetic cycling for cardio fitness, endurance, & strength for all fitness levels

PILATES W/MARISSA

Tue. & Thur. | 12-12:45pm | Fitness Center



Low-impact, full-body w/ core strength, balance, flexibility, posture & controlled movement

SPIN CLASS W/CARA

Mon. Wed. Fri. | 6-7am | Fitness Center



Indoor cycling w/ music, mixed terrain & intervals, full-body cardio

ZUMBA DANCE CLASS W/KRISTINE

Tue. | 6:30am-7:15am | Fitness Center

KAMIAH

Sept. 11, 25 & Oct. 9, 23 | 1-1:45pm | Wa-A'Yas



Upbeat dance fitness class w/simple steps & cardio exercise to improve endurance & get you moving

FIT & FALL PROOF CLASSES (FOR OLDER ADULTS)

Wed. 2:30pm & Thur. 1pm | Lrg. Conf. Room

KAMIAH

w/Sonya - Mon. & Wed. | 1-1:45pm | Wa-A'Yas



Low-impact exercises for strength, balance & mobility to prevent falls & support independence

MILEAGE CLUB

Sept. 1, 11, 15, 24 & 29 | 12pm | LHS Track

KAMIAH

Wednesdays | 12pm | Wa-A'Yas



Supportive walking club. Walk, stay active, & earn charms too!



Available for Checkout at the Fitness Center!

See staff for details during open hours

PICKLE BALL GEAR ✦ AGILITY LADDER/CONES ✦ BIKES ✦ SPEED PARACHUTE
TENNIS EQUIPMENT ✦ LOCKERS ✦ YOGA MATS ✦ CORNHOLE SETS

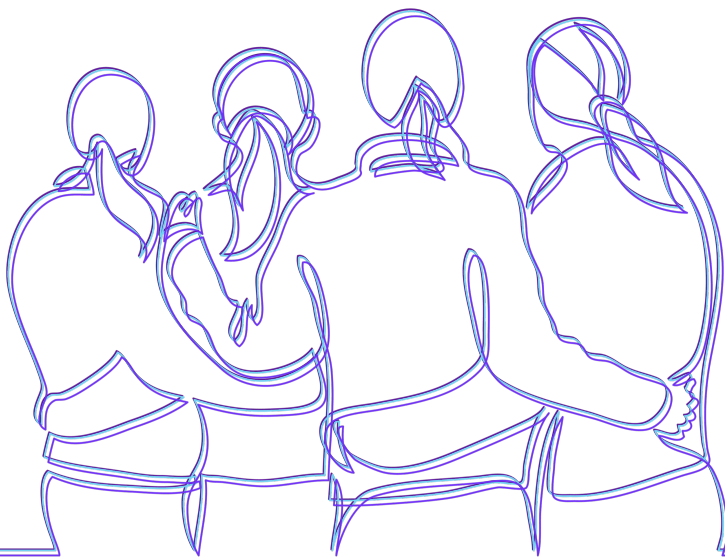
Fitness Center Hours
Mon-Thur | 6am-7pm
Fri | 6am-3:30pm

For more info call: 208.843.2271

Fitness Center Desk: Ext.2847 | Kristine Riggers: Ext.2977 | Marissa Verduci: Ext.2849

SUICIDE AWARENESS & REMEMBRANCE WALK

September is National Suicide Prevention Month, please join us as we come together as a community to spread hope, raise awareness, and inspire change for suicide prevention!



THUR. SEPT. 24

11:30AM-1PM

LHSTRACK



Informational booths will be present with
resources for the community

For more info contact Kiara Geier at kiarag@nimiipuu.org





— EVERYONE —
Welcome!

waq'iswiisa (I am becoming well) Events!

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

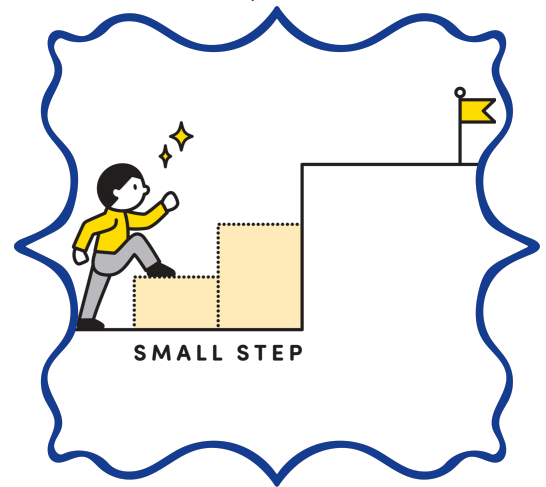
Join Diabetes Program Coordinator, Marissa & Kiara, LMSW

Tue. September 1 - Resetting routines for fall

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

Tue. October 20 - Stress Less, Live More

How chronic stress can affect sleep, cravings, blood sugar, & overall health



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

Join Nutritionist, Julie & Diabetes Program Coordinator, Marissa



Thur. September 3 - Meal Prep for Success

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

Thur. October 8 - Fiber-Powered Fall

Favorites Delicious fall-inspired recipes featuring fiber-rich ingredients that promote fullness, digestive health, and better blood sugar control.

Art Therapy



Painting Canvases



**24
Sept.**
5pm-6:30pm
Wa-A'Yas

***This event is for individuals
with cognitive decline***

Art supplies provided. Attendees are welcome to bring one family member or caregiver.



Please sign up by September 18 via email or telephone
jessicaf@nimiipuu.org or shayna.gomez@nimiipuu.org
or call 208.843.2271 ext. 2915 (*first come, first serve - first 15*)

This event is hosted by the Nimiipuu Health Memory Care Program
The Indian Health Service, Department of HHS provided financial support for this project



FOOD PANTRY

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

September 8, 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

Fit and Fall Proof®

FREE EXERCISE CLASSES FOR OLDER ADULTS

Wednesdays 2:30-3:30pm &

Thursdays 1:00-2:00pm

**Community Health – Large
Conference Room**

111 Beaver Grade, Lapwai, ID

Mondays & Wednesdays 1:00-1:45pm

**Wa-A'Yas Community Center
401 Idaho Street, Kamiah, ID**

Improve your balance · Reduce your risk of falls

Meet new friends · Have fun!

208-799-0379

Juile Haringa

Fit and Fall Proof® Coordinator

