



OCTOBER - 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

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NIMIIPUU HEALTH

CLOSED

Bear Paw Memorial

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NIMIIPUU HEALTH

CLOSED

Indigenous People's Day

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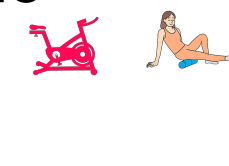
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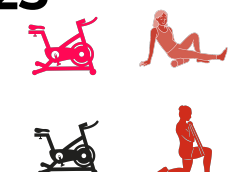
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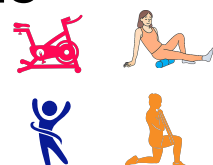
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Happy Halloween

KEY



Community Cooking Class
Lapwai Conf Rm 4:30pm



Spin Class -Dr.
Capawana 12pm



Myo-Fascial Magic Class
Fitness Center 11am



Pilates - Marissa
Fitness Center 12pm



Kamiah Resistance Band
Class Wa-A'Yas 12pm



Wellness Support Group
Lapwai Conf Rm 5pm



Lapwai Mileage Club
LHS Track 12pm



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



Resistance Band Class
Fitness Center 12pm

Spin Class
Cara 6am



Mobile Food Pantry
Distribution LHS 9am



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



Dementia Education
Pi-Nee-Waus 5pm



Kamiah Mileage Club
Inside Wa-A'Yas 12pm



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