



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

4

5

NIMIIPUU HEALTH

CLOSED

Bear Paw Memorial

6



7



8



9



10

11

12

NIMIIPUU HEALTH

CLOSED

Indigenous People's Day

13



14



15



16



17

18

19



20



21



22



23



24

25

26



27



28



29



30



31

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

Stay Active w/Nimiipuu Health!

OCT.

2026

Classes/Opportunities

Description

RESISTANCE BANDS W/KRISTINE

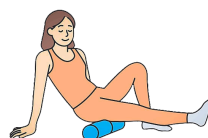
Mon. & Wed. | 12-12:45pm | Fitness Center
KAMIAH
 Oct. 9 & 23 | 12pm-12:45pm | Wa-A'Yas



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

MYO-FASCIAL MAGIC W/KRISTINE

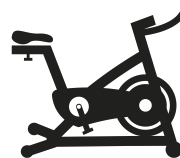
Mon. Wed. Fri. | 11-11:30am | Fitness Center
KAMIAH
 Oct. 9 & 23 | 11-11:30am | Wa-A'Yas



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

SPIN CLASSES

W/DR. CAPAWANA
 Oct. 9 & 23 | 12-12:45pm | Fitness Center
W/CARA
 Mon. Wed. Fri. | 6-7am | Fitness Center



Energetic indoor cycling w/music 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

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

Oct. 9, 15, 19, 27 | 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



— 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. October 20 - Stress Less, Live More

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

Tue. November 3 - Holiday Survival Guide

Practical strategies for parties, family gatherings, travel, leftovers, desserts, & busy schedules



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

Join Nutritionist, Julie & Diabetes Program Coordinator, Marissa

Thur. October 8 - Fiber-Powered Fall Favorites

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

Thur. November 12 - Healthy Holiday Traditions

Learn how to enjoy your favorite holiday dishes while making small modifications that support blood sugar management & overall wellness



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



FOOD PANTRY

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

October 13, 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

Dementia Education

Tuesday, October 13 | 5pm–7pm
Pi-Nee-Waus Community Center

For families, community members & people facing dementia

2 Classes – 60min. each

- 10 Warning signs of Alzheimer's recognize common signs of the disease in yourself & others & next steps to take, including how to talk to your doctor
- Responding to Dementia-Related Behaviors common behavior changes & how they are a form of communication, non-medical approaches to behaviors & recognizing when help is needed

✦ **Food Provided**

✦ **Open to anyone – Please join us!**

✦ **For more info 208.843.2271 ext.2915 or 2967**



This event is brought to you by NMPH Memory Care Program in collaboration with the Alzheimer's Association, Pi-Nee-Waus and NMPH Diabetes Program

GET YOUR FLU, RSV & COVID SHOTS!

PROTECT YOURSELF &
OUR COMMUNITY



WHY VACCINATE NOW?

- Flu, COVID, & RSV activity are rising
- It takes two weeks to build immunity
- Protect elders, infants, & those with chronic conditions
- Keep families healthy through winter holidays & gatherings
- Native populations are at increased risk for severe illness, hospitalization, & complications from COVID, Flu, & RSV

WHERE & WHEN CAN I GET IT DONE?

Under 18: Guardians call to schedule a nurse appointment

Walk-in vaccination clinics for 18+ Starting September 25 through the end of December

- Lapwai: Wed.-Fri. | 9am-4pm (Community Health)
- Kamiah: Mon.-Fri. | 9am-4pm

GET YOUR SHOTS & GET ENTERED TO WIN!

The first 100 people who receive both their flu & COVID shots will be entered to **WIN a \$100 gift card!**



Full vaccine guidance
from the American
Medical Association

Lapwai: 208.843.2271 | Kamiah: 208.935.0733

