STEPS
for Strong Minds & Healthy Blood Sugars

Alzheimer's & Diabetes Awareness walk, brought to you by the Diabetes Program & Memory Care

Lapwai

WED. NOV. 18
12PM-1PM
LHS TRACK

Kamiah

FRI. NOV. 20
1PM-2PM
WA-A'YAS

Healthy snack bags & water!

Complete 4 laps & be entered into a drawing to win a $25 gas card! (2 winners from each location)



For more information please contact Jessica at 208.843.2271 ext. 2915

Nimiipuu Health
waqiswisa Wellness Program