

# Join us for Join us for Balancing Mind and Body

**to continue the tradition of building generations of healthy, strong American Indian families and individuals ."**

**NATIVE AMERICAN PREVENTION OF OBESITY**



**Shiveh do hinotz - Take courage for good health**

Honor and strengthen your mind and body to be strong and healthy for yourself and your family.

**When:** Every Tuesday in June beginning June 2. (6/2, 6/9, 6/16, 6/23, 6/30)

**Time:** 5:30pm - 6:30pm

**Where:** Native American Cancer Research-393 S. Harlan St., Suite 125  
Lakewood, CO 80226

**Phone:** 303-975-2449, Ext 102 [denisel@natamcancer.org](mailto:denisel@natamcancer.org) ; Fax: 303-975-2463;

Or: **Jackie Plumber** 303 895-1898



**What ever your fitness level you can participate. Activities will revolve around your fitness level.**

## **Create paths to healing.**

- Join us for brain gym, endurance and strengthening exercises, cardiovascular activities, and gentle exercises if needed.
- Have back pain? No problem. You can participate in the "Sit and Be Fit" activities.
- Gain knowledge and participate in calming and relaxation techniques, as well as energizing techniques

**Incentives for participation in all classes. Wear loose fitting clothes.**

