



Gila River Tribal Recreation & Wellness  
presents

# COVID CAN'T WEIGH ME DOWN!

Join us for a 12 week challenge of food & fitness journaling and  
shed the COVID lbs!

**REGISTRATION OPENS: Friday Nov. 13 at 5:00pm**

**REGISTRATION CLOSES: Wednesday Nov. 18 at 5:00pm**  
or until slots have been filled.

## QUALIFICATIONS:

- Must be from a federally recognized tribe.
- Must be 18+ years to participate
- Registration & survey are required to be eligible
- Team Captain must provide the following information:
  - Tribal ID
  - Email
  - Phone Number
- Teams must participate in biweekly Zoom meetings

## TEAMS CAN CONSIST OF: MEN & WOMEN DIVISIONS

- Up to 4 members per team.
- 2-4 women per team & 2-4 men per team
- 1-2 scales per household.

Scan Me!



More information will be available in the registration form.

For more information please email: [tiffany.boni.trw@gric.nsn.us](mailto:tiffany.boni.trw@gric.nsn.us)  
or call (520) 610-4953