



Tribal Recreation & Wellness  
Presents

# CREATE A FITNESS JOURNAL

MAY 05, 2021 @ 12PM

MAY 07, 2021 @ 6:30PM

REGISTRATION OPENS

APRIL 12, AT 8AM

REGISTRATION CLOSES

APRIL 23, AT 5PM OR UNTIL FULL

SCAN ME!



## JOIN HEALTH EDUCATOR TIFFANY + FITNESS INSTRUCTOR DWAYNE!

In a session that will challenge you to think outside the box and allow your inner artist to come alive, while you set some goals with personal rewards and make your own rules to hold you accountable.

**LIMITED TO 42 PARTICIPANTS! REGISTER NOW!**



### QUALIFICATIONS:

- Must be from a Federally Recognized Tribe.
- Must be 18+ or older to participate.
- Must register at (<https://forms.gle/sh5Yi33qSzYEorWJA>) or scan QR code.

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