



VIRTUAL ROUND TABLE DISCUSSION

Our goal is to provide helpful tips and information regarding exercise, training, and wellness. Have a question or would like to know more about training, join us for our Round Table Discussion. We hope you can join us October 6th for what's sure to be an amazing experience!

Event Date: October 6, 2021 at 6:00pm - 7:30pm

REGISTRATION OPENS: SEPT. 29 AT 8:00AM REGISTRATION CLOSES: OCT. 5 AT 5:00PM

QUIVLIFICATIONS:

- Must be from a federally recognized tribe for incentives. General public is welcome to join.
- Must be 12 years old & older to participate.
- Virtual session space is limited.
- · Families are encourage to participate (Youth Training & Adult Fitness Training).



