

# WALKING CLASS

SPONSORED BY  
THE DIABETES CARE  
AND PREVENTION TEAM

**Begins Wednesday, February 2nd.  
Continues every Monday,  
Wednesday and Friday**

**Location: Health Clinic lobby**

**All are welcome and it will begin  
at 12:15 p.m. and lasts for  
approx. 25 minutes.**

**No equipment necessary, just bring  
yourself and comfortable shoes. This will  
be an indoor walking class.**



Please contact Patrece Gates at  
[pgates@tulaliptribes-nsn.gov](mailto:pgates@tulaliptribes-nsn.gov),  
360-716-5643

