



Movement IS Medicine

Celebrating Physical Therapy Month this October!

*Come celebrate movement, improve your health,
and have fun with the community!*



Friday, October 23

11:00 AM - 3:00 PM

Don Hatch Youth Center

WHAT TO EXPECT:



**FREE Yoga
Sessions**



**FREE Line
Dancing**



**FREE Exercise
Classes**



**Information Booths &
Health Resources**



**Giveaways
& Raffle Prizes**



**Raffle Tickets
Awarded at Every Class**



**Healthy Lunch
& Snacks**



**Fun for the
Whole Family!**



For More Information:
Dr. David Morris
dmorris@tulaliptribes-nsn.gov
360-716-5642