



**THE MOBILE HEALTH PROGRAM AND  
WELLNESS DEPARTMENT PRESENT:**

# **COMMUNITY FITNESS CLASSES**

**ALL FITNESS LEVELS WELCOME!**

COME TO A CLASS, VISIT THE MOBILE CLINIC FOR HEALTH  
SCREENING AND RECEIVE A **FREE** ACTIVITY TRACKER!

**TUESDAY  
APRIL  
23**

**KLAGETOH  
CHAPTER**

**TUESDAY  
APRIL  
25**

**GREASEWOOD  
CHAPTER**

**TUESDAY  
APRIL  
30**

**CORNFIELDS  
CHAPTER**

**30-MIN FITNESS CLASSES AT: 10 AM, 11 AM, AND 1 PM**

**MOBILE FAMILY PRACTICE  
CLINIC HOURS: 9:30 AM - 3 PM**

**For more information, please visit: [www.fdihb.org/mobilehealth](http://www.fdihb.org/mobilehealth)  
Or call the Mobile Health Program at (928)729-8821**