



FAMILY WELLNESS FEST

Sponsors: Community Wellness Team; TMC: HPDP, Nutrition, Diabetes Program, Wellness Center, PHN, DBHS; HED-HIV; CHRs District 17/18, NSDP, OYD, LOCAL CHAPTERS

FREE for the entire family

HEALTH FAIR: 10:00am – 2:00pm

*Diabetes Management Screening: Know Your Numbers
Diabetes Education
Nutrition Information
Health Information booths
Fun Family Activities: using PAK*



Location	Date	Activity Time
Ft. Defiance Chapter	10/16/2012	
Hunters Point School	10/18/2012	* Walk/Run: 12:30pm
Oak Springs Chapter	10/23/2012	
Pine Spring Community School	10/25/2012	* Walk/Run: 12:30pm
Nahata Dziil Chapter	10/30/2012	
Klagetoh Chapter	11/01/2012	
Cornfields Chapter	11/08/2012	
Greasewood Community School	11/13/2012	*Walk/Run: 12:30pm
Steamboat Chapter	11/15/2012	
Window Rock Sports Center	11/17/2012	
Ganado Chapter	11/20/2012	
Sawmill Chapter	11/27/2012	
Crystal Chapter	11/29/2012	
Navajo-Redlake Chapter	12/04/2012	
Kinlichee Chapter	12/06/2012	

5K Turkey Trot Walk & Run

Registration: 11:00am – 12:00pm

5K Run Walk: 12:00pm – 2:00pm

Chair exercise; available for those not able to walk/run

***(Denotes: Start time of walk/run at designated site (s)).**