



Northern Valley Indian Health
Your Health. Our Mission

Lets Get Moving!

Join our weekly Virtual Exercise Group

Facilitated by: Bambi Eagle
Tuesday's 2:30-3:30pm

Signed waiver must be submitted
(This will be held virtually, on Lifesize.)

Benefits of Exercise:

Low impact aerobic workout
Better posture, body awareness, and balance
Develops muscular endurance and strengths

Call Community Health and Outreach for
your Exercise RSVP and the link to join!

530-899-5156