



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

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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!

530-934-5431