



NATIVE DIABETES

# TURKEY TROT

## FITNESS CHALLENGE

LASSEN  
INDIAN HEALTH CENTER

NOVEMBER 1ST-22ND

*Movement  
& Medicine*

3-WEEK CHALLENGE

The top 5 Native Participants with the highest cardio time (hours) at the end of the challenge will receive an incentive!

Take the first step toward  
diabetes care and  
prevention

INCENTIVE

◆ \$30 Susanville Market Gift Card for  
Fresh Fruits & Vegetables

To participate or to learn more, please contact Judy Lee  
at 530-251-5582 or [jlee@sir-nsn.gov](mailto:jlee@sir-nsn.gov)