



NATIVE DIABETES

TURKEY TROT

FITNESS CHALLENGE

LASSEN
INDIAN HEALTH CENTER

OCT 28TH - NOV 22ND

4-WEEK CHALLENGE

The top 5 Native Participants with the highest cardio time (hours) at the end of the challenge may choose any incentive offered!

Take the first step toward
diabetes care and
prevention

INCENTIVE

All participants who reach 6 cardio hours by the end of the challenge will receive a \$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