

NATIVE DIABETES SPRING FITNESS CHALLENGE

MARCH 23 - APRIL 20

LASSEN
INDIAN HEALTH CENTER

*Movement
is Medicine*

Take the first step toward
diabetes care and
prevention

4-WEEK CHALLENGE

Join us for our Spring Fitness Challenge! The challenge begins March 23, 2026 and ends on April 20, 2026. A list of participation guidelines will be posted at the Fitness Center.

INCENTIVES

◆ All participants who reach 6 hours of cardio time by the end of the 4-week challenge will receive a \$30 Susanville Market gift certificate for fruits and vegetables.

Sign up by contacting Judy, Jeremy, or Tina at the Fitness Center. For more information, please contact Judy Lee at 530-251-5582