

WEDNESDAYS

12 PM

LOCATION:

**HU HU KAM MEMORIAL HOSPITAL
LIFE CENTER**

DISTANCE:

1-2 MILES



**LUNCH
TIME
WALK**

BENEFITS OF WALKING

Lower risk of diabetes | Control blood pressure
Weight loss | Improve mental health
Better heart health

Must be enrolled in a federally recognized tribe or a patient with Gila River Health Care to participate.