



LIFE CENTER

DIABETES, ENDOCRINOLOGY & WELLNESS

Healthy Habits Happy Families

Virtual Classes Available!

Mon. and Weds.

Weight Loss
4:00 pm - 5:00 pm

Tues.

Weight Loss
11:00 am - 12:00 pm

Weight Loss
4:00 pm - 5:00 pm



Contact us at:
Life Center
(520) 562-7940

SEPTEMBER CLASS SCHEDULE

Hu Hu Kam Memorial Hospital

Mondays

Weight Loss 12:00 pm - 1:00 pm

Carbohydrate Counting 2:00 pm - 4:00 pm

Tuesdays

Diabetes Basics 10:00 am - 12:00 pm

Wednesdays

Emotional Support for Healthy Living 1:00 pm - 2:00 pm

Weight Loss 4:00 pm - 5:00 pm

Hau'pal (Red Tail Hawk) Health Center

Thursdays

Weight Loss 3:00 pm - 4:00 pm

Komatke Health Center

Thursdays

Weight Loss 11:00 am - 12:00 pm

Thursdays (2nd Thursdays of the month)

Emotional Support for Healthy Living 1:00 pm - 2:00 pm

Fitness Center Hours

Hu Hu Kam Memorial Hospital

Monday - Friday 6 am - 7 pm Saturdays 6 am - 6 pm

Hau'pal (Red Tail Hawk) Health Center

Monday - Friday 7 am - 6 pm

Komatke Health Center

Monday - Friday 8 am - 6 pm