



LIFE CENTER

DIABETES, ENDOCRINOLOGY & WELLNESS

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



Virtual Classes Available!

Mon. and Weds.
Weight Loss
4:00 pm - 5:00 pm

Weds.
Healthy Living Basics
4:00 pm - 5:00 pm

Tues.
Weight Loss
11:00 am - 12:00 pm

Weight Loss
4:00 pm - 5:00 pm

FEBRUARY CLASS SCHEDULE

Hu Hu Kam Memorial Hospital

Mondays

Weight Loss 12:00 pm - 1:00 pm

Diabetes Basics 9:00 am - 11:00 am

Wednesdays

Carb Counting Class 9:00 am - 11:00 am

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

Mondays

Prevention and Healthy Lifestyle 3:30 pm - 4:30 pm

Thursdays

Weight Loss 3:00 pm - 4:00 pm

Komatke Health Center

Tuesdays (2nd Tuesdays of the month)

Emotional Support for Healthy Living NOON - 1:00 pm

Wednesdays

Carbohydrate Counting Class 9:00 am - 11:00 am

Thursdays

Weight Loss 11:00 am - NOON

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

*Dates are subject to change

Approved: 2/9/2026