



Gila River
HEALTH CARE

LIFE CENTER

DIABETES, ENDOCRINOLOGY & WELLNESS

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

JUNE CLASS SCHEDULE

Hu Hu Kam Memorial Hospital

Mondays

Weight Loss 12:00 - 1:00 pm

Wednesdays

Carb Counting Class 9:00 - 11:00 am

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

Weight Loss 4:00 - 5:00 pm

Hau'pal (Red Tail Hawk) Health Center

Mondays

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

Thursdays

Weight Loss 3:00 - 4:00 pm

Komatke Health Center

Wednesdays

Carb Counting Class 9:00 - 11:00 am

Thursdays

Weight Loss 11:00 am - 12:00 pm

Thursdays (2nd Thursdays of the month)

Emotional Support for Healthy Living 12:00 - 1:00 pm

Fitness Center Hours

Hu Hu Kam Memorial Hospital

Monday - Friday 6:00 am - 7:00 pm

Saturdays 6:00 am - 6:00 pm

Hau'pal (Red Tail Hawk) Health Center

Monday - Friday 7:00 am - 6:00 pm

Komatke Health Center

Monday - Friday 8:00 am - 6:00 pm

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