



Karaoke Cardio



LIFE CENTER

DIABETES, ENDOCRINOLOGY & WELLNESS

DIABETES PREVENTION

Walk, Sing, Repeat

KARAOKE CARDIO

Come Walk
1, 2, or 3 Miles
In Place While Singing
Your Favorite Songs

JULY 20, 2026 | 4:30–5:30 PM

**HU HU KAM MEMORIAL HOSPITAL
LIFE CENTER CONF. RM A & B | BUILDING 11**

TO SIGN UP OR FOR QUESTIONS, PLEASE CALL THE LIFE CENTER
520-562-3321, EXT. 7344