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Empowering Native
Wellness



PUBLIC HEALTH PROGRAMS DEPT:

BAND JAM : RESISTANCE BAND AND BODY WEIGHT EXERCISE CLASS

- **Great for beginners and all levels of fitness**
- **Focuses on shaping muscles and increasing flexibility**
- **Fantastic for slowly easing into exercise**

Location: IHC Multipurpose Room

Mondays: 4-5pm Begins July 22nd