



**INDIAN HEALTH COUNCIL, INC.
DIABETES AWARENESS MONTH**

2019 ANNUAL WELLNESS EXPO & FUN RUN/WALK



MONDAY NOV 25, 2019

9AM: Fun Run/Walk Registration Begins
(Pre-registration forms available at PHP front desk)

9:45AM: Fun Run/Walk Start Time

10AM-1PM: Wellness Expo

- ◆ Wellness, Fitness, Nutrition Booths
- ◆ Garden Demo
- ◆ Cooking Demo
- ◆ Raffle & Prizes (Every 30 minutes)

1130AM: FREE Green Chili Chicken Stew Luncheon
featuring our Wellness Warrior Panel: How Did They Do It?

12PM: Fun Run Winner Announcements



PRIZES
for
1st
2nd
3rd

