



Save the Date

PUBLIC HEALTH DIABETES PREVENTION SERVICES



START
MON
23RD
JUNE

BTH 2025 Challenge

#FITNESSCHALLENGE
#FITNESSGOALS

OPEN TO SRPMIC ENROLLED MEMBERS AND FAMILY MEMBERS 18 YRS OR OLDER.
..... SRPMIC TRIBAL EMPLOYEES ONLY.

Get ready to dive into an exhilarating summer with the 2025 Beat the Heat Fitness Challenge! Don't let the soaring temperatures hold you back from achieving your fitness goals. Instead, embrace the cool comfort of the Ske:g Himdag Ki fitness center or the Employee fitness center located in building 32.

Come join the Diabetes Prevention Services group exercise classes and slay your fitness goals, where you'll find a supportive community and a variety of fun workouts designed to keep you motivated and energized.

So, lace up your sneakers, grab your water bottle, and let's make this summer not just about staying cool, but about having a blast while getting fit!

For more information email Michelle.Long@SRPMIC-nsn.gov