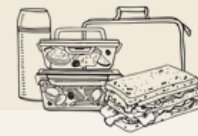




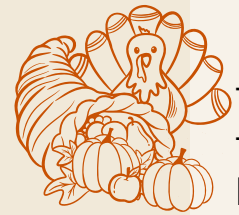
2025 - 2026 HOLIDAY EATING & EXERCISE LEARNING PROGRAM



**THE PROGRAM IS OPEN TO ENROLLED MEMBERS OF THE SRPMIC
AND THEIR FAMILIES WHO ARE 15 YEARS OLD OR OLDER.**

ADDITIONALLY, SRPMIC TRIBAL EMPLOYEES ARE ALSO ELIGIBLE TO JOIN.

November 2, 2025 - January 24, 2026



The holidays are here, and with all the tasty treats, it can be tough to maintain a healthy weight. That's where H.E.L.P. comes in! This program offers tips, recipes, and fun fitness ideas to help you enjoy the season without stressing over the scale.



Participants are encouraged to weigh in weekly and use a tracking sheet to stay mindful of nutrition and activity. Weekly emails provide support through exercise challenges, healthy recipes, and practical tips to promote weight maintenance throughout the holidays.

**If you want to learn more about H. E. L. P. ,
you can reach out to Michelle Long at Michelle.Long@SRPMIC-nsn.gov**

ENDORSED BY



SIGN-UP LINK

<https://www.signupgenius.com/go/202522026HELPCHALLENGE>

