

H.O.W.A.H.

(Helping Our Weight-loss And Health)

Native Fit Club



Want to lose extra pounds?

Want to feel better?

Want to jiggle-less?

Want to prevent or control diabetes?

Join **HOWAH-Native Fit Club** for a safe, friendly, supportive way
to lose weight and feel healthier!

Meetings every **Tuesday at 5pm**

in the ANWC Wellness Kitchen at Gerald Ignace Indian Health Center

For more info, or to sign up, call Jennifer at 414-383-9526 x 303.

