

A collaboration between Gerald L. Ignace Indian Health Center and the Indian Council of the Elderly.



WOLFE

WORK. OUT. LOW. FAT. ELDERS



WHO?

Native American Elders & Friends (age 45 or better)

WHAT?

Fitness, Cooking, Lunch and Nutrition Education

WHEN?

Every Wednesday from 10am - 1pm

WHERE?

GLIHC's 2nd Floor;
930 W. Historic Mitchell St,
Milwaukee, WI

FOR MORE INFORMATION:

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Licensed Dietitian
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The **WOLFE GROUP** is a weekly wellness program for **AMERICAN INDIAN ELDERS** and friends.