Menominee Tribal Clinic
Diabetes Program

Summer Walking Program

All ages

Omāēqnomenēwak

Wētōhkatikamek—FACE Center

4:30—6p
Tuesdays
June 30
July 7, 14, 21, 28
August 4, 11, 18

Helps in weight loss, Improves Heart Health
Lowers Blood Pressure, Decreases Diabetes Risk
Increases Lung Capacity, Boosts Immunity