



Special Diabetes Program for Indians (SDPI)

Fitness Classes

Tuesday—Yoga, 11:00AM—12:00PM

Wednesday—walking Club and Step Aerobics, 8:30AM to 10:00AM

Wednesday—Qi Gong, 11:00AM—12:00PM

Fitness Gym

Monday 3:00PM to 5:00PM,

Tuesday through Friday 8:00AM to 5:00PM

University of Arizona Garden Kitchen

Every 4th Thursday of the month from 2:00PM—3:00PM

Reflexology

Every 4th Thursday of the month from 2:00PM—4:00PM

Native Group Lifestyle Balance

Thursday's from 2:00PM to 3:00PM

TIC Gardening Club

Friday's, 9:00AM to 10:00AM

For more Information Contact:

Diabetes Prevention Coordinator Christine Chavez, 520 884-7131