

# FREE

## EARN PRIZES!

to all MCN Tribal and Health staff,  
MCN Community Elders and  
2024/25 Walking Program participants



**STAY ACTIVE** **STAY HEALTHY**  
MUSCOGEE NATION DEPARTMENT OF HEALTH



# DANCE FOR LIFE

## WITH JULIE BRYANT

# 11AM & 12PM

EVERY TUESDAY & THURSDAY FROM JANUARY-APRIL

 Mvskoke Dome in Okmulgee

 Wear appropriate attire and no boots

## HOW IT WORKS

- Must do a weigh in within the first two weeks
- BMI above 25.0 - the goal is to lose 7%
- BMI below 24.9 - the goal is to maintain
- Automatic prize for attending 20 sessions
- Grand prize drawing will be at the end of April