

FREE

EARN PRIZES!

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



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

MVSKOKE
RECREATION DEPARTMENT

DANCE FOR LIFE

WITH JULIE BRYANT

11AM & 12:15PM

EVERY TUESDAY & THURSDAY FROM JANUARY-APRIL

- 📍 11:00AM Class: Mvskoke Dome in Okmulgee
- 📍 12:15PM Class: CMN Student Center Room 108
- 👟 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