



TSÉHOOTSOOÍ NAHATA'DZIIL NIHI DINE'É BÁ
Medical Center Health Center Wellness Center

Facilities of Fort Defiance Indian Hospital Board, Inc.



New Year, New Fit is designed to give participants an opportunity to understand their health metrics as they begin the new year. This program will feature a Tanita Body Scan and various timed tests.

Kick off the new year by joining one of two sessions!

Monday, January 12th

Morning Session: 6:00 AM - 8:00 AM

Evening Session: 5:30 PM - 7:00 PM

NIHI DINE'É BÁ WELLNESS CENTER
FT. DEFIANCE, ARIZONA

SESSIONS WILL INCLUDE

- **Tanita Body Composition Scan**
- **1 Mile Cooper Test**
- **Sit to Stand**
- **Dumb Bell Curl**
- **Timed Plank**

FOR INFORMATION, CONTACT

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"To provide superior and compassionate healthcare to our community by raising the level of health, Hózhó, and quality of life"

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