

HEALTHY LIVING AND OUTREACH



NIHI DINE'É BÁ
Wellness Center

a facility of the Fort Defiance Indian Hospital Board, Inc.



DEADLIFT EVENT

FRIDAY, OCTOBER 30TH

**Nihi Dine'é Bá Wellness Center
Fort Defiance, Arizona**

REGISTRATION OPENS OCTOBER 12TH

EVENT BEGINS 6:00 PM - 8:00 PM

Open to ages 13 years and older.

LIMITED TO 30 PARTICIPANTS

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"

928.729.8000 | www.fdihb.org | FORT DEFIANCE INDIAN HOSPITAL BOARD, INC. | CORNER OF ROUTES 12 & 7 | P.O. BOX 649, FORT DEFIANCE, AZ 86504