

# Consolidated Tribal Health Project

# Exercise Class

For anyone looking to get more active, come and join our CTHP exercise class. Join us for fun and fitness to get you feeling better! Anyone of any age is welcome and exercises can be adjusted to meet your individual needs.

Location:

CTHP Wellness Building

4th Tuesdays

9:30am - 10:30am

Mondays

3pm - 4pm

Thursdays

9:30am - 10:30am

Website: [www.cthp.org](http://www.cthp.org)

Facebook: [www.facebook.com/CTHPHealth](https://www.facebook.com/CTHPHealth)



For More Information Contact:

CHR Denita Carson at (707) 467 - 5654