

Activities

Date and Time

Turkey Trots:

All events begin at 1:00 and end at 3:00 p.m. except the event held at WIHCC on Nov. 15, 2007 which begins at 10:00 a.m. and ends at 12:00 p.m.

Acupuncture:

Is held two days at the end of each month and is set by appointments or referrals.

Massage:

The full body massage is held on Monday, Wednesday and Friday's at the WIHCC Health Promotion Department beginning at 8:30 a.m. to 4:30 p.m. On Tuesday and Thursday beginning at 9:00 a.m. to 4:00 p.m. Chair Massage is held in the Community for service and events.

Mobile Medical Van:

The van goes to the communities and provides services and all the MMV activities are in **black bold print**. Some activities are held at the same time as the Turkey Trot. For time contact numbers bellows.

Wellness Conference Meetings:

Everyone is invited to attend any of the Wellness Conference meetings usually held at the Health Promotion Department Conference Room.

November 27, 2007 and December 18, 2007 beginning @ 12 p.m.

The 16th Annual Wellness Conference "Learning From Our Past, Preparing For Our Future" will be held on June 17 & 18, 2007

If you would like more information or to make an appointment please contact the Health Promotion Department at

(928) 289-6122/6278