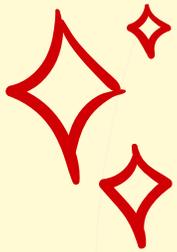
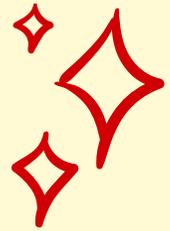


Sault Tribe Health Division Presents

# FUNCTIONAL FITNESS



## Workshop



Please join Sault Tribe Health Education for a 1-Day Workshop – focusing on common movements that mimic daily activities to build strength, balance, and mobility. This class is for Tribal and Community Members aged 50+. The class instructor is Community Health Educator, Tina Robinson TTS, ACSM-CEP.

FRIDAY

April 24, 2026

12pm to 2pm

Escanaba Community Center

3721 Jingob Street

Escanaba, MI 49829

**Registration is limited to 12 participants.**

**Please register by April 17, 2026.**

**Call Sault Tribe Community Health**

**@ 906-632-5210 to secure your spot today!**



This class is brought to you by Sault Tribe Health Education's Good Health and Wellness in Indian Country Project with funding from the Centers for Disease Control and Prevention.