



# Aambe! Let's Go!

## Shkode: Fit For Life Running & Wellness Program

### What:

FREE 7 week running & wellness program open to youth ages 12-18. Will include run/walks, traditional games such as lacrosse & warrior games, with trips to local 5K's. Will also include partnership with LSSU Recreation & Sault Tribe Registered Dietitians.



### When:

Begins June 17, 2019  
Monday - Thursday 4p-7p  
Saturday 5K's: To be Determined

### Where:

Activities will take place at Big Bear Arena, unless otherwise indicated.

Registration is on a first come, first served basis. Space is limited.  
To register, or get more information, please contact Charlee Brissette at  
906-632-5210 ext. 45241 or [cbrissette@saulttribe.net](mailto:cbrissette@saulttribe.net)



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