MNÍ WIČHÓNI
HEALTH CIRCLE

The Standing Rock Diabetes Program &
Fitness Center
wičózani wašté

Standing Rock Elders

Golden Grooves Exercise Classes

Fitness, friendship, & Fun!

When: Starting August 26, 2026 through November 25, 2026.
Every Wednesday ***except September 9th No CLASS.***

Time: **10:00am – 11:30am**

Where: Elderly Protection building, Fort Yates, ND- 125 South River Rd

Monthly incentives & Grand Prize for making all classes.
Bring a buddy, caretaker, family member or spouse.
Transportation provided **(Fort Yates area only)** BUT must call ahead!
Lite snacks will be provided.
701-854-3752 call for a ride

Sponsored by:
SR Diabetes/Fitness Program, MNI Wichoni, & Elderly Protection Program