



**STARTING OCTOBER 2, 2017**

**A healthy approach to wellness and weight loss!**

This 17 week program is open to employees, tribal members,  
and Perkins Family Clinic patients.

**REGISTRATION**

Perkins Family Clinic 405-547-4373 or  
Iowa Tribe Wellness Center 405-547-2402

[www.bahkhoje.com](http://www.bahkhoje.com)

**FREE**  
TO PARTICIPATE