

**If you haven't tried chair exercise,
come try it out. We have coordinated with
Rondi Quasula, Hualapai Special Diabetes
Program for Indians, Health
Educator/Fitness Specialist. She'll be your
instructor.**



When:

**Tuesday July 11, 2023
Thursday July 13, 2023
Tuesday July 18, 2023
Thursday July 20, 2023
Tuesday July 25, 2023
Thursday July 27, 2023**

Time:

8:30 AM to 9:30 AM



**Hualapai Senior Services Center
587 Canyon View Drive
Peach Springs, AZ 86434**