

FEBRUARY & MARCH
WEDNESDAYS · 6 - 7 P.M.
POKAGON BAND FAMILY ACTIVITY CENTER

## Open to Pokagon Band youth between 5-15 years old

This is a great opportunity to motivate and encourage our youth into a healthy lifestyle while promoting teamwork and skill building.

SPACE IS LIMITED TO THE FIRST 20 PARTICIPANTS.

EXPECTATION IS TO ATTEND

AT LEAST 90% OF THE TRAININGS.

Register today by following the QR code.

For more information contact: PHS.Wellness@PokagonBand-nsn.gov