



# SAULT TRIBE COMMUNITY HEALTH

# Snowshoe Outings



With a Healthy Snack

Monday January 9th

3:00-5:00pm

Big Bear Arena Trail

Monday February 13th

3:00-5:00pm

Big Bear Arena Trail

Snowshoes  
are  
available



Enjoy soup shots  
prepared by our  
Registered Dieticians  
& tea from  
Traditional Medicine!



Participants will  
receive a small  
thermos



Must be  
Sault Tribe  
Member

**NO REGISTRATION NECESSARY.** FOR MORE INFORMATION,  
PLEASE CALL SAULT TRIBE COMMUNITY HEALTH AT (906) 632-5210.