



Wichita Health and Fitness Programs

March 2020

Activities

Upcoming Activities:

American Heart Assoc 5K Run and one-mile walk

March 14, 2020

Riverside Indian School

C&A Color Run

March 20, 2020

Concho, OK

Fitness Classes for March:

Fit Camp:

Monday and Wednesday 6:00 PM

Wichita Community Bldg.

Elders Water Exercise:

Monday and Wednesday 10:30 AM

Iscani Community Pool

Female Weight lifting:

Tuesday and Thursday 6:00 AM

Wichita Fitness Center



Community in Schools at East Grade Elementary School



Elders Water exercise (left)



CHR Training (Right)

The Special Diabetes and Fitness Program is going strong with Fit Camp, Elder Water exercise, Female weight lifting, and physical activity games at East Grade Elementary for the month of March. The CHR's attended the CHR Training sponsored by the Oklahoma Inter-Tribal Diabetes Coalition.

Contact Us

Wichita and Affiliated Tribes

Health and Fitness Programs

PO Box 729

1.25 Miles N. HWY 281

Anadarko, OK 73005

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WWW.Wichitatribe.com

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Wichita Health and Fitness

Health and Fitness

Programs:

CHR

Special Diabetes

Fitness Center

PHN

Chemical

Dependency/Mental Health

Patient Transport

Injury Prevention

Operation/Maintenance

Native Care Health

Insurance

DME Rental

Tobacco Prevention

Tribal Opioid Response

Health Department News: National Nutrition Month

March is National Nutrition Month

Us National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Find your healthy eating style and maintain it for a lifetime.

MyPlate is a reminder for consumers to find their healthy eating style and build it throughout their lifetime. Help guide consumers with these tips:

- Everything you eat and drink matters. The right mix can help you be healthier now and into the future.
- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.



Tribal Health Insurance Program: Reminder

Enroll today for the new Tribal Insurance card for 2020.

Complete the application and send a copy of your CDIB to the Wichita Health Programs.

Mail, Hand Deliver or Email to:

Wichita and Affiliated Tribal Health Building

Attn: Lindsay Messer/Benefits Coordinator

PO Box 729

Anadarko, OK 73005

Email: Lindsay.messer@wichitatribe.com

The form can be found online at:

http://wichitatribe.com/media/83613/2020_tribal_member_health_plan_fillable_form.pdf

SoonerCare enrollment available with appointment.