



**NB3FIT WEEK**  
**HEALTHY KIDS! HEALTHY FUTURES!**

JOIN US FOR A WEEK OF NATIONAL HEALTH, FUN & WELLNESS

Join Our Community Event

**SATURDAY, NOVEMBER 4, 2017 AT FLAGSTAFF HIGH SCHOOL COMMONS AREA**

5:00PM AN EVENING OF SHARING OUR CULTURE STORIES  
SPONSORED BY FLAGSTAFF HIGH SCHOOL NATIVE AMERICAN CLUB, NACA CIRCLES OF CARE

**SUNDAY, NOVEMBER 5, 2017**

6:00AM SUNRISE EVENT WITH RUN AND PRAYER TEACHING AT BUFFALO PARK  
SPONSORED BY NACA CIRCLES OF CARE PROGRAM

11:00AM CLEAN-UP OF THE ISABEL STREET COMMUNITY GARDEN - 1700 E. 6TH AVE.  
SUNNYSIDE NEIGHBORHOOD'S COMMUNITY GARDEN - CLOSE TO COCONINO HIGH SCHOOL  
SPONSORED BY TERRA BIRDS

**TUESDAY, NOVEMBER 7, 2017 AT PUENTE DE HOZHO ELEMENTARY SCHOOL GYMNASIUM**

5:00PM YOUTH INDIGENOUS GAMES  
5:30PM PUENTE GARDEN EXPEDITION  
6:00PM COMMUNITY EVENT

- NAVAJO WELLNESS MODEL PRESENTATION
- DEMONSTRATIONS
  - WATER FILTRATION AND FOOD
- WELCOMING ALL COMMUNITY YOUTH RESOURCE TABLES

PARTNERSHIPS WITH NACA HEALTH PROMOTION, TERRA BIRDS, GIRLS & BOYS CLUB OF FLAGSTAFF, KINLANI DORMITORY, UNIVERSITY OF ARIZONA - COOPERATIVE EXTENSION

**WEDNESDAY, NOVEMBER 8, 2017 AT BONITO STREET COMMUNITY GARDEN**

1:00PM GARDEN CLEAN-UP - 527 W. ELM AVENUE  
FLAGSTAFF'S OLDEST COMMUNITY GARDEN - LOCATED ALONG THE RIO DE FLAG DOWNTOWN  
SPONSORED BY TERRA BIRDS  
PARTNERSHIP WITH ARIZONA STUDENTS AIMING FOR PREVENTION (ASAP)

**THURSDAY, NOVEMBER 9, 2017 AT O'LEARY STREET COMMUNITY GARDEN**

4:00PM GARDEN CLEAN UP - 900 S. O'LEARY STREET  
FLAGSTAFF'S NEWEST COMMUNITY GARDEN  
SPONSORED BY TERRA BIRDS



FOR MORE INFORMATION PLEASE CONTACT SHEENA TALLIS,  
NACA HEALTH PROMOTION MANAGER, 928.773.1245 EXT. 226

**Be a part of the Movement to Move!**