



SHINGLE SPRINGS TRIBAL TANF PROGRAM

# FAMILY FITNESS



*Join us for a fun & interactive introduction to exercise for the entire family! This class will be facilitated by Ancita, Youth Activity Specialist*

**OCTOBER 07**

**4 PM**

**OCTOBER 21**

**4PM**

*To RSVP and receive  
zoom information,  
call the prevention  
department.*

**RSVP:**

**ANCITA, YOUTH ACTIVITY SPECIALIST**

**CALL: (916) 760-1672**

**TEXT: (916) 798-9433**