



CHEROKEE NATION HEALTHY NATION

(918) 453-5000 or 1(800) 850-0298 • Website: <http://steps.cherokee.org>

HEALTHY NATION... HEALTHY BEGINNINGS



Delaware County Physical Activity Event
Over 100 participants came out for the Fishing for Fitness Family Fun Walk & Derby at the campground area of Lake Eucha.



Healthy Nation and Wilma P. Mankiller Health Center Relay for Life sponsored a 5K and 1 mile Fun run/walk in Stilwell to promote the importance of physical activity in our daily lives. 171 participated in the event.

SMOKING CESSATION SCHEDULE

Oct 03, 2007 - **Kids Connection** (Cherokee Co)
6:30 – 7:30 PM call: Cindy Myhre - 918-453-0817

Oct. 16, 2007 **Wilma P. Mankiller** Clinic (Adair Co)
5:30 – 6:30 call: Toney McGee at 918-696-8835

HEALTH TIP OF THE MONTH

SUPPORT WOMEN EVERYWHERE

All women share a common goal; to find a cure for breast cancer. While we may not all be on the front lines of research, we can do our part by staying informed and following the recommended breast screening guidelines. We can also support friends and family members who have breast cancer by offering compassion and any assistance we can provide.

**Cherokee Nation Healthy Nation
Native Family Fitness Camp
October 12, 13, 14, 2007**

Call

**Bunner Gray at 918- 453-5615
Shirley Goodlin at 918-207-3995
Cora Flute at 918-453-5612**



**Sequoyah County Sponsors Centennial
Celebration 5K run.** 96 participants came out in the rain to participate in the 5K run/walk.

OCTOBER WINGS EVENTS

- Oct. 13th --- Sequoyah County Hospice Run - Sallisaw
- Oct. 20th --- Care to Be Aware Run - Tahlequah
- Oct 27th --- Tulsa Run - Tulsa



Mayes County: Beat the Heat Walk/Run
Delbert Jones from Wagoner County participated in the Delaware county Run/Walk recently. Delbert is a Wings member and has lost 44 lbs since starting in Wings May 2007.

