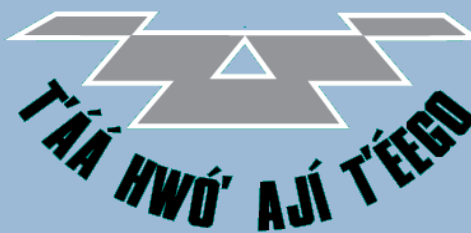




<i>Chapter/Location</i>	<i>Date</i>	<i>Registration</i>	<i>Start</i>
Halchita Family Resource Center	5/08	5:30PM	6:00PM
Oljato Senior Center	5/16	5:30PM	6:00PM
Navajo Mountain Community Clinic	5/21	5:30PM	6:00PM
Monument Valley Welcome Center	5/23	5:30PM	6:00PM
Shonto Preparatory School	5/30	5:00PM	6:00PM
Kayenta Recreation Park	6/01	6:00AM	7:00AM
Dennehotso Chapter House	6/06	5:00PM	6:00PM
Ts'ah Bii Kin Chapter House	6/14	6:00AM	7:00AM
Chilchinbeto Chapter House	6/20	5:00PM	6:00PM
Navajo National Monument Park	6/27	5:00PM	6:00PM



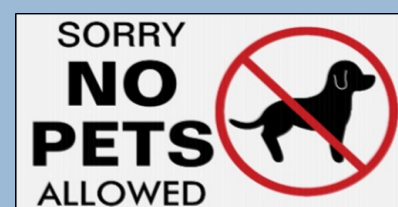
Join us at JMI!

Eat a healthy snack before you Just Move It.

Wear comfortable shoes, sunscreen, sunglasses, and a hat.

Bring a refillable water bottle with you to help reduce trash!

22nd Annual Kayenta JMI Family Fun Runs & Walks



It is up to each of us to shape healthier lives and communities. For 22 years, our communities have taken action about healthy by Just Moving It! The Just Move it fun runs & walks are held in 10 communities during the summer. The free events are non-competitive and open to people of all ages. Every new registrant earns a free t-shirt! In 2018 Kayenta JMI had 2,515 participants and the overall Navajo Nation JMI had 48,550 participants. Being physically active everyday can help you stay healthy and prevent diabetes and heart disease.

Kayenta Service Unit Just Move It Partners

Kayenta Navajo Nation Health programs (Community Health Representative, Navajo Nation Public Health Nursing, Navajo Health Education Program, Navajo Nation Special Diabetes Program), Navajo & Utah Emergency Medical Service, Kayenta Police Department, Kayenta & Utah Fire Department, Kayenta Township, Navajo National Monument Park Services, Shonto Preparatory Schools, Utah Navajo Health Systems, Inc., Kayenta Bashas', Local Chapters: (Chilchinbeto, Dennehotso, Kayenta, Ts'ah Bi Kin, Shonto, Navajo Mountain, Oljato), Kayenta Service Unit (Kayenta Health Center, Inscription House Health Center, Dennehotso Health Station) Halchita Family Resource Center, Monument Valley Welcome Center, Oljato Senior Center, Navajo Mountain Community Health Center.

For more information call:

(928) 697-4000 Extensions 4219/4220/4221/4222 (Health Promotion/Disease Prevention Office)

(928) 697-4000 Extensions 4223/4224/4225 (Navajo Health Education Program Office)