

2019

JUST MOVE IT

T'aa hwo'aji t'eeego

Navajo Nation JMI Schedule

MAY

DATE	LOCATION	SERVICE UNIT	REGISTRATION	START
5/06	Tse'Daa'Kaan Chapter	Shiprock	5:30 PM	6:45 PM
5/07	Pueblo Pintado Chapter	Crownpoint	8 AM	9 AM
5/07	Kaibeto Boarding School *DST	Tuba City	5 PM	7 PM
5/08	Halchita Family Resource Center	Kayenta	5:30 PM	6 PM
5/08	Ojo Encino Chapter	Crownpoint	8 AM	9 AM
5/09	Standing Rock Chapter	Crownpoint	9 AM	10 AM
5/09	Grand Falls	Winslow	5 PM	6 PM
5/10	Torreon Chapter	Crownpoint	9 AM	10 AM
5/14	San Juan Chapter	Shiprock	6 PM	6:45 PM
5/14	Baca Chapter	Crownpoint	8:30 AM	9 AM
5/14	LeChee Chapter House *DST	Tuba City	6 PM	7 PM
5/16	Oljato Senior Center	Kayenta	5:30 PM	6 PM
5/16	Leupp School Inc.	Winslow	5 PM	6 PM
5/17	Lake Valley Chapter	Crownpoint	8:30 AM	9:30 AM
5/20	Breadsprings Day School	Gallup	4:30 PM	6 PM
5/20	Greasewood Chapter House	Fort Defiance	4 PM	6:30 PM
5/21	Navajo Mountain Community Clinic	Kayenta	5:30 PM	6 PM
5/21	Ramah Navajo Chapter	Crownpoint	4:30 PM	5:30 PM
5/21	Tonalea Day School *DST	Tuba City	6 PM	7 PM
5/22	Nenahnezad Chapter	Shiprock	6 PM	6:45 PM
5/22	Cornfields Chapter House	Fort Defiance	4 PM	6:30 PM
5/23	Monument Valley Welcome Center	Kayenta	5:30 PM	6 PM
5/23	Twin Lakes Chapter	Gallup	4:30 PM	6 PM
5/23	Birdsprings Chapter House	Winslow	5 PM	6 PM
5/28	Blue Hills w/ 10K *DST	Tuba City	5 PM	7 PM
5/29	Upper Fruitland Chapter	Shiprock	6 PM	6:45 PM
5/29	Counselor Chapter	Crownpoint	10 AM	11 AM
5/29	Steamboat Chapter House	Fort Defiance	4 PM	6:30 PM
5/30	Chinle - 10K	Chinle	5:30 PM	6:30 PM
5/30	Shonto Preparatory School	Kayenta	5 PM	6 PM
5/30	Iyanbito Chapter	Gallup	4:30 PM	6 PM
5/30	To'Hajilee Diabetes Program - To'Hajilee, NM	Crownpoint	7 AM	8 AM
5/30	Tolani Lake Chapter House	Winslow	5 PM	6 PM

JUNE

DATE	LOCATION	SERVICE UNIT	REGISTRATION	START
6/01	Kayenta Recreation Park	Kayenta	6 AM	7 AM
6/01	Fisher Trail, Cubita Road - Cuba, NM	Crownpoint	8:45 AM	9 AM
6/03	Klagetoh Chapter House	Fort Defiance	4 PM	6:30 PM
6/04	Many Farms - 10K	Chinle	5:30 PM	6:30 PM
6/04	Huerfano Chapter	Shiprock	6 PM	6:45 PM
6/04	Rare Metals *DST	Tuba City	6 PM	7 PM
6/05	Pinedale Chapter	Gallup	4:30 PM	6 PM
6/05	Alamo Community Wellness Center	Crownpoint	5 PM	5:30 PM
6/05	Ganado Chapter House	Fort Defiance	4 PM	6:30 PM
6/06	Cottonwood	Chinle	5:30 PM	6:30 PM
6/06	Nageezi Chapter	Shiprock	6 PM	6:45 PM
6/06	Dennehotso Chapter House	Kayenta	5 PM	6 PM
6/06	Teesto Chapter House	Winslow	5 PM	6 PM
6/08	Chichiltah Chapter (10K)	Gallup	7 AM	8 AM
6/08	Netherwood Park - Albuquerque, NM	Crownpoint	8:45 AM	9:30 AM
6/10	T'is Tsoh Sikaad Chapter	Shiprock	6 PM	6:45 PM
6/10	Wide Ruins Community School Parking Lot	Fort Defiance	4 PM	6:30 PM
6/11	Rough Rock	Chinle	5:30 PM	6:30 PM
6/11	Whitehorse Lake Chapter	Crownpoint	5:30 PM	6:30 PM
6/11	Flagstaff Fort Tuthill *DST	Tuba City	5:30 PM	7:30 PM
6/12	Coyote Canyon Rehab Center	Gallup	4:30 PM	6 PM
6/12	Kinlichee Chapter House	Fort Defiance	4 PM	6:30 PM
6/13	Nazlini	Chinle	5:30 PM	6:30 PM
6/13	Tooh Haltsooi Visitor Center	Shiprock	5:30 PM	6:45 PM
6/13	Thoreau Chapter	Crownpoint	5:30 PM	6:30 PM
6/13	Jeddito Elementary School	Winslow	5 PM	6 PM
6/14	Ts'ah Bii Kin Chapter House	Kayenta	6 AM	7 AM
6/14	Lupton Chapter House	Fort Defiance/Gallup	4 PM	6:30 PM
6/17	Newcomb Chapter	Shiprock	6 PM	6:45 PM
6/17	Naschitti Chapter	Gallup	4:30 PM	6 PM
6/17	NavaMill-Logging Company, Sawmill, AZ	Fort Defiance	4:00 PM	6:30 PM
6/18	Hardrock	Chinle	5:30 PM	6:30 PM
6/18	Coppermine Chapter *DST	Tuba City	6 PM	7 PM
6/19	Crystal Chapter House	Fort Defiance	4 PM	6:30 PM
6/20	Forest Lake	Chinle	5:30 PM	6:30 PM
6/20	Toadlena/Two Grey Hills Chapter	Shiprock	6 PM	6:45 PM
6/20	Chilchinbeto Chapter House	Kayenta	5 PM	6 PM
6/20	Manuelito Chapter	Gallup	4:30 PM	6 PM
6/20	Casamero Lake Chapter	Crownpoint	5:30 PM	6:30 PM
6/20	Whitecone Multi-Purpose Building	Winslow	5 PM	6 PM
6/22	Future Foundations Family Center - Grants, NM	Crownpoint	7 AM	8 AM
6/24	Tse Alnozt'i'i Chapter	Shiprock	6 PM	6:45 PM
6/24	Red Lake Chapter House	Fort Defiance	4 PM	6:30 PM
6/25	Black Mesa	Chinle	5:30 PM	6:30 PM
6/25	Mexican Springs Chapter	Gallup	4:30 PM	6 PM
6/25	Smith Lake Chapter	Crownpoint	5:30 PM	6:30 PM
6/25	Moenkopi w/ 10K *DST	Tuba City	5 PM	7 PM
6/26	Stronghold Scouts Events Center Parking Lot	Fort Defiance	4 PM	6:30 PM
6/27	Pinon	Chinle	5:30 PM	6:30 PM
6/27	Red Valley Chapter	Shiprock	6 PM	6:45 PM
6/27	Navajo National Monument Park	Kayenta	5 PM	6 PM
6/27	Mariano Lake Chapter	Crownpoint	5:30 PM	6:30 PM
6/27	Dilkon Chapter House	Winslow	5 PM	6 PM
6/30	K'awaika Center - Laguna Pueblo, NM	Crownpoint	8:30 AM	9 AM

It is up to each of us to shape healthier lives and communities. For 27 years, our communities have taken action about health by just moving it! Just Move It has grown in the number of communities and participants. JMI began in 1993 with 20 communities and 482 participants. In 2018, JMI had events in 121 communities and 48,550 participants! * Series of non-competitive runs/walks * Everyone who participates earns an incentive - 1 per person, per year * Please bring water.

JULY

DATE	LOCATION	SERVICE UNIT	REGISTRATION	START
7/01	Pine Springs Chapter House	Fort Defiance	4 PM	6:30 PM
7/02	Whippoorwill	Chinle	5:30 PM	6:30 PM
7/02	Cove Chapter	Shiprock	6 PM	6:45 PM
7/02	Tsayatoh Chapter	Gallup	4:30 PM	6 PM
7/02	Twin Arrows Casino Flagstaff	Winslow	5 PM	6 PM
7/08	TeecNosPos Chapter	Shiprock	6 PM	6:45 PM
7/08	Sanders High School	Fort Defiance	4 PM	6:30 PM
7/09	Low Mountain	Chinle	5:30 PM	6:30 PM
7/09	Breadsprings Chapter	Gallup	4:30 PM	6 PM
7/09	Littlewater Chapter	Crownpoint	5:30 PM	6:30 PM
7/09	Page Amphitheatre *DST	Tuba City	6:30 PM	7:30 PM
7/10	Oak Springs Chapter House	Fort Defiance	4 PM	6:30 PM
7/11	Blue Gap/Tachee - 10K	Chinle	5:30 PM	6:30 PM
7/11	Houck Chapter	Gallup	4 PM	6:30 PM
7/11	Nahodishgish Chapter	Crownpoint	5:30 PM	6:30 PM
7/11	Indian Wells Elementary School	Winslow	5 PM	6 PM
7/11	Houck Chapter House	Fort Defiance/Gallup	4 PM	6:30 PM
7/15	Mexican Water Chapter	Shiprock	6 PM	6:45 PM
7/16	Wheatfields	Chinle	5:30 PM	6:30 PM
7/16	Whiterock Chapter	Crownpoint	5:30 PM	6:30 PM
7/16	Cedar Ridge *DST	Tuba City	6 PM	7 PM
7/17	Community Track & Field - Acoma, NM	Crownpoint	4:45 PM	5 PM
7/18	Round Rock	Chinle	5:30 PM	6:30 PM
7/18	Red Mesa Chapter	Shiprock	6 PM	6:45 PM
7/18	Becenti Chapter	Crownpoint	5:30 PM	6:30 PM
7/18	Navajo County Complex "Nizhoni Trail"	Winslow	5 PM	6 PM
7/22	Beclabito Chapter	Shiprock	6 PM	6:45 PM
7/23	Lukachukai	Chinle	5:30 PM	6:30 PM
7/23	Little Colorado River *DST	Tuba City	6 PM	7 PM
7/24	Red Rock Park - Finale	Gallup	4:30 PM	6 PM
7/25	Rock Point	Chinle	5:30 PM	6:30 PM
7/25	To'koi	Shiprock	6 PM	6:45 PM
7/25	Crownpoint	Crownpoint	5 PM	6:30 PM
7/25	Winslow City Park "Color Run"	Winslow	3 PM	6 PM
7/30	Dine College - 10K	Chinle	5:30 PM	6:30 PM
7/30	Tuba City Fair Grounds w/ 10K *DST	Tuba City	4 PM	7 PM
7/30	Shiprock Finale - Shiprock High School	Shiprock	5:30 PM	6:45 PM

www.navajojmi.com



CROWNPOINT JMI
Eli
(505) 786-6321

CHINLE JMI

Chinle Health Promotion (928) 674-7487
Pinon Health Promotion (928) 725-9700
Tsaille Health Promotion (928) 724-3702

GALLUP JMI
Colleen
(505) 722-1593



FT. DEFIANCE JMI
Danelle
(928) 729-8874



KAYENTA JMI
Kayenta Health Promotion
(928) 697-4000



SHIPROCK JMI
Northern Navajo Medical Center HPDP
(505) 368-6300
Four Corners Regional Health Center HPDP
(928) 656-5380



TUBA CITY JMI
Tuba City HPDP
(928) 283-1420



WINSLOW JMI
HIWP Staff
(928) 289-8065

