



# may 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1  
12PM GROUP  
FITNESS CLASS

8  
12PM GROUP  
FITNESS CLASS

15  
12PM GROUP  
FITNESS CLASS

22  
12PM GROUP  
FITNESS CLASS  
12:30PM  
COOKING CLASS

29  
12PM GROUP  
FITNESS CLASS

4  
12PM GROUP  
FITNESS CLASS

11  
12PM GROUP  
FITNESS CLASS

18  
12PM GROUP  
FITNESS CLASS

25 **HOLIDAY-  
WELLNESS,  
PHARMACY,  
AND DENTAL  
CLOSED**

5  
12PM GROUP  
FITNESS CLASS

12  
12PM GROUP  
FITNESS CLASS

19  
12PM GROUP  
FITNESS CLASS

26  
12PM GROUP  
FITNESS CLASS

6 12PM GROUP  
FITNESS CLASS  
12:30PM MENTAL  
HEALTH  
AWARENESS  
DISCUSSION

13  
12PM GROUP  
FITNESS CLASS

20 12PM GROUP  
FITNESS CLASS  
12:30PM MENTAL  
HEALTH  
AWARENESS  
DISCUSSION

27  
12PM GROUP  
FITNESS CLASS

7  
12PM GROUP  
FITNESS CLASS

14  
12PM GROUP  
FITNESS CLASS  
12PM COOKING  
CLASS

21  
10AM-4PM  
WELLNESS DAY  
12PM GROUP  
FITNESS CLASS

28  
12PM GROUP  
FITNESS CLASS

**JOIN US FOR OUR NEXT  
COOKING CLASS**

**MAY 14<sup>TH</sup> @12PM**  
**3<sup>RD</sup> FLOOR OF MHC**  
**(WELLNESS CENTER)**

**MENU: STEAK TIPS +  
VEGGIES**



**JOIN OUR DIETITIAN,  
DR. SUSAN  
DETHMAN FOR A  
COOKING CLASS**

**MAY 22<sup>ND</sup> @12:30PM**  
**3<sup>RD</sup> FLOOR OF MHC**  
**(WELLNESS CENTER)**

**MENU: SALAD**  
**LEARN HOW TO BUILD A BETTER SALAD  
THAT ACTUALLY FILLS YOU UP!**

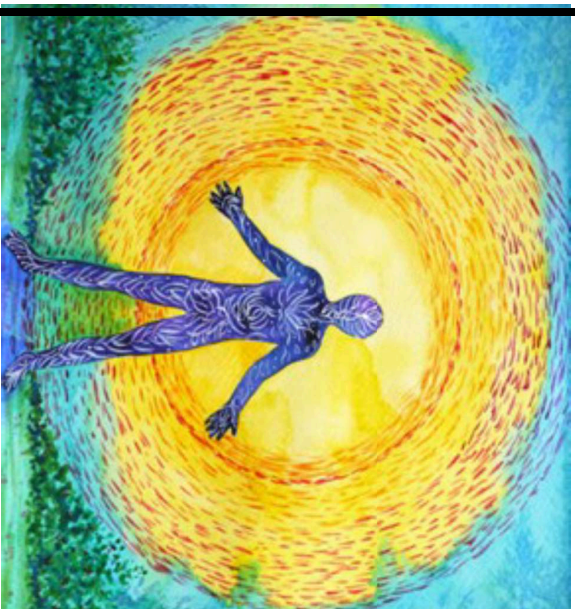




MICCOSUKEE HEALTH DEPARTMENT

## WELLNESS EDUCATION WORKSHOP

For everyone, come out and benefit from health advice, screenings, good food, prizes, and more...



## The Mind, Body

## Connection & Diabetes

Thursday, May 21st

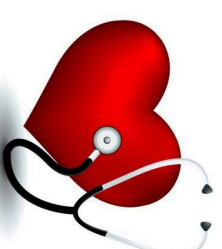
10:00am - 4:00pm

All services will be conducted in the Auditorium

Are you due for your eye, foot or dental exam? Schedule your appointment today by calling (305)894 2387.  
Healthy Lunch from 12:00pm to 2:00pm

### CLINIC SCREENINGS

- Blood Pressure
- Blood Sugar
- Lab Check
- Dental
- Foot Exam
- Eye Exam
- Nutrition Consultation
- Fitness & Exercise
- Human Services Counseling
- Prescription Medicine Consultation



# Join us for a

# discussion about Mental Health

You may not be able to control your thoughts, but you can learn to not let them control you. Let's talk about it.

Wednesday, May 6<sup>th</sup> and 20<sup>th</sup>

12:30-1:30 PM

MHC 2<sup>nd</sup> Floor Conference Room



## SNACKS & REFRESHMENTS PROVIDED

No sign-up required- Just show up!

Contact Us  
for more information



@MicosukeeHealthCenter



MicosukeeHealth.com



305-894-2387

