

Fold and Mail

Tanana Chiefs Conference
Fitness for Life

A Diabetes Prevention and Health
Promotion Program

Diabetes Program
Hozelleh Denh Lifestyle Center
1-800-478-6682 Extension 3773
(907) 451-6682 ex 3773
john.martin@tananachiefs.org

TCC Diabetes Program
C/O Hozelleh Denh Physical Activities Center
122 1st Avenue
Fairbanks, AK 99701

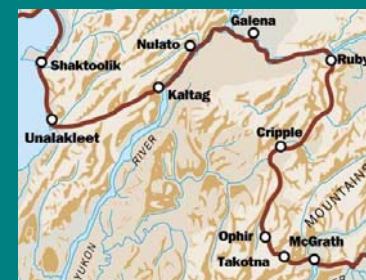
TCC Diabetes Program
C/O Hozelleh Denh Lifestyle Center.
122 1st Street
Fairbanks, AK 99701

TANANA CHIEFS CONFERENCE DIABETES PROGRAM

Tanana Chiefs

Checkpoint Log

Eagle River Check point #1



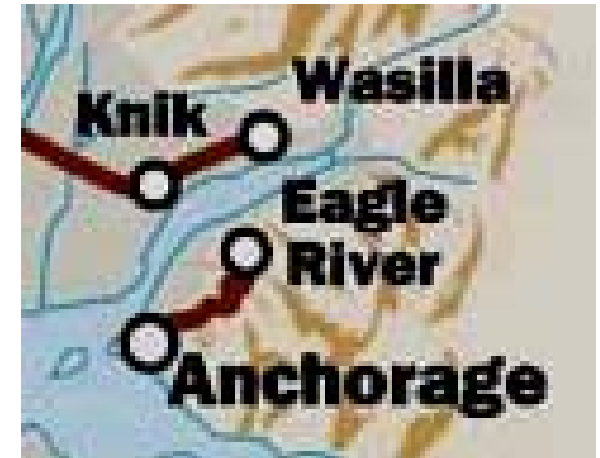
1049 Mile Fitness Walking Program

Be among those recognized for having
walked the equivalent of the Iditarod Trail

Off the starting line,
and we are on the trail!

Check Point # 1
Anchorage to Eagle River
20 Miles

*More than a walk,
a discovery of
oneself*

[illegible]

1049 Mile Walking Trail Eagle River Checkpoint

Log of: Name:_____

Address: _____

**Tanana Chiefs Conference
Family on the Move
Fitness for Life**

When you walk 20 miles this
checkpoint log sheet send to
“fitness headquarters“
c/o TCC Diabetes Program

TCC Diabetes Program
Chief Andrew Isaac Health Center