

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 Street
Fairbanks, AK 99701

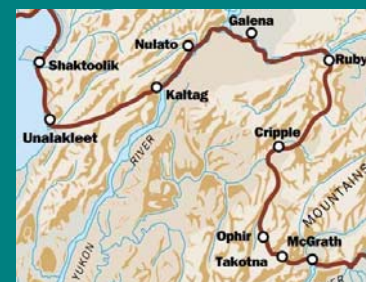
TCC Diabetes Program
C/O Hozelleh Denh Lifestyle Center
122 1st Avenue
Fairbanks, AK 99701

TANANA CHIEFS CONFERENCE DIABETES PROGRAM

Tanana Chiefs

Checkpoint Log

Eagle River to Wasilla
Check point #2



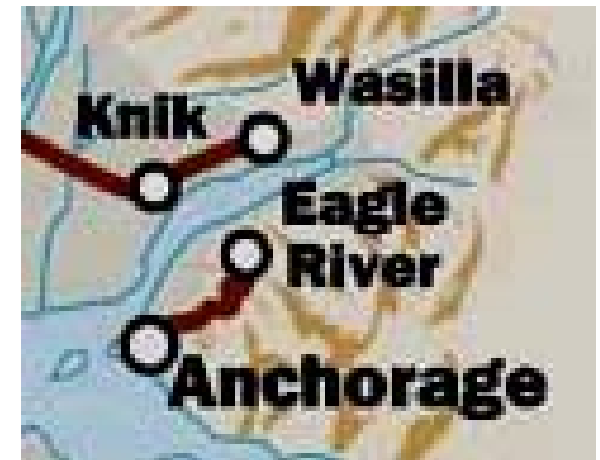
1049 Mile Fitness
Walking Program

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

On the trail from Anchorage to the Alaskan Range

Check Point # 2
Eagle River to Wasilla
29 Miles

*More than a walk,
a discovery of
oneself*

[illegible]

1049 Mile Walking Trail Wasilla Checkpoint

Log of: Name_____

Address: _____

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

When you walk 29 miles send this
checkpoint log to “fitness
headquarters” c/o TCC Diabetes
Program

TCC Diabetes Program
Chief Andrew Isaac Health Center