



QUECHAN IIWA'A AXO'TT (HEALTHY HEARTS) SDPI PROGRAM

YOUNG HEARTS (7YRS - 17YRS)

The Young Hearts Program is an extension of The Quechan Iiwa'a Axott SDPI Program. Our goal is to educate the importance of nutrition and exercise in a fun environment in order to develop life-long adherence for a long healthy life.



WE ARE HERE TO HELP:

- ✓ Educate how to Improve Nutrition
- ✓ Increase Physical Activity through PLAY
- ✓ Lower risk of High Blood Pressure, Stroke, Diabetes and Heart Disease
- ✓ Teach new skills
 - Grow your own food
 - Obstacle Course Training
 - Shinny/Peon
 - Archery & Spear Throwing
 - and More...

MEET EVERY SATURDAY
12PM - 1PM

**1ST MEETING - SATURDAY
NOVEMBER, 11, 2023**



JOIN NOW

Contact Us

760-572-4057



email us

wellnesscenter@quechantribe.com

