

Prevention Through Wellness

YOUTH WELLNESS WARRIORS

HERE'S A GREAT OPPORTUNITY FOR YOUTH IN YOUR COMMUNITY!

SPF-PFS Prevention Through Wellness has teamed up with:

Challenge Life

"Preparing for the Future"

TCC & Challenge Life will present both live streaming and videos to help each participant build a strong life foundation for their future through weekly fitness activities and much more!

IF YOU PARTICIPATE IN EACH WEEK'S ACTIVITY YOU WILL RECEIVE A PRIZE!

Participants will have a challenge each week surrounding these four pillars:

Healthy Lifestyles, Education, Personal Goals, and Family.

HOW TO REGISTER:

- Complete YWW application.
- Must have access to the internet for virtual classes.
- Reside in either Rural or Fairbanks area - fill out application and mark what tribe you are enrolled in.
- Must be between the ages 13-25 years old.

**OPEN
ENROLLMENT!**

**APPLY
TODAY!**

QUESTIONS? ASK OUR STAFF:

Rebecca Fisher, SPF Manager

907-452-8251 ext. 3066

Rebecca.fisher@tananachiefs.org

Autumn Cantu, SPF Coordinator

907-452-8251 ext. 3056

Autumn.cantu@tananachiefs.org



Tanana
Chiefs
Conference

To learn more about the
Prevention Through Wellness Program,
please visit: www.tananachiefs.org