



Northern Valley Indian Health

# Healthy Steps

**WITH MARY JO**

The mission of Healthy Steps with Mary Jo Brown is to encourage and support your personal wellness using dance, movement, and music.

## Get Moving with Healthy Steps!

**Dates:**

**September-** 13, 15, 20, 22, 27, 29

**October-** 4, 6

**Times:**

**Tuesday's** 6pm-7pm

**Thursday's** 6pm-7pm

**Location:**

**Chico Masonic  
Family Center**

1110 W. East Ave  
Chico, CA 95926



**Please contact Northern Valley Indian Health  
Community Health and Outreach at:**

**Chico 530.899.5156**

**Willows 530.934.5431**