

Personal Training

FREE

For all Native American Patients

Make an appointment for a physical check-up with our medical department and ask the provider for a referral for fitness training.

Lose Weight

Get in Shape

Build Muscle

Lifestyle Management

Nutrition / Diet Support

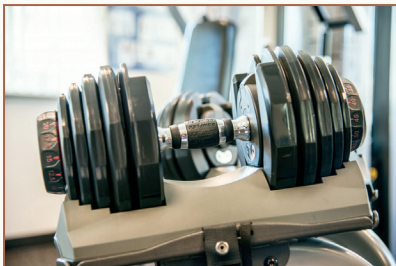
Supplement Information

Athlete Training

Our trainer will do an assessment on your current fitness level and make a plan for you to meet **your** goals.

For more information contact Johnny

707-263-8382
ext.1607



Lake County Tribal Health

Modern Medicine  Personalized Care

707-263-8382 • 1-800-750-7181 • 925 Bevins Ct., Lakeport • www.lcthc.com