

3K  
Run/Walk

5K  
Run/Walk

100-mile  
Challenge

# 24<sup>th</sup> Annual JUST MOVE IT

2023 JMI Events are HYBRID.  
Sponsored by the Kayenta Service Unit.  
Kayenta Health Promotion Program.



JUST  
MOVE IT  
T'áá hwó' aji t'éego

## Join us for the Hybrid JMI this year!

"Hybrid" means individuals can participate either in-person OR virtually.

**Wednesday, May 24, 2023**

**Shonto Preparatory School**

Registration: 5:30 PM | Start: 6:30 PM

**Wednesday, May 31, 2023**

**Chilchinbeto Chapter**

Registration: 5:30 PM | Start: 6:30 PM

**Friday, June 09, 2023**

**Ts'ah Bii Kin Chapter (Inscription House)**

Registration: 7:00 AM | Start: 8:00 AM

**Wednesday, June 14, 2023**

**Navajo Mountain Community Clinic**

Registration: 5:30 PM | Start: 6:30 PM

**Wednesday, June 21, 2023**

**Kayenta Township Recreation Park**

Registration: 5:30 PM | Start: 6:30 PM

**Wednesday, June 28, 2023**

**Dennehotso Chapter**

Registration: 5:30 PM | Start: 6:30 PM

Virtual JMI Series registered participants can track mileage with a smart phone GPS app of choice. The entire distance does not have to be completed at once. Complete miles before **09/01/2023**. Screenshot your route and email it to:

Robyn.Maho@ihs.gov

Registration forms for the virtual JMI series will be available the week of May 22, 2023.

Register for the **virtual JMI 100-mile Challenge** & earn another incentive (while supplies last).



These are non-competitive events.  
For more information, contact: KSU HPDP at (928) 697-4220.

