

Community Health Nursing

Memo

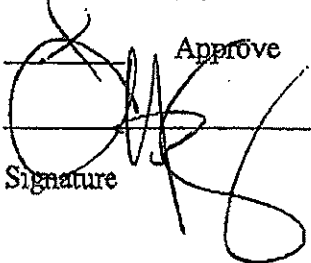
To: Fort Hall Business Council
 From: Norma Wadsworth, Community Health Nursing Manager
 CC: Angela Mendez, Anna Broncho
 Date: 4/26/2010
 Re: Request for Administration Leave for Women's Health Fair WALK

May 9-15, 2010 is recognized as National Women's Health Week. This campaign empowers women to make their health a top priority and encourages them to take simple steps for a longer and healthier life.

This May, thousands of women across the country will embark on an eight-week physical activity challenge for better health. They will be part of the Woman Challenge, a program of the U.S. Department of Health and Human Services' Office on Woman's Health (OWH). The Woman's Challenge is a part of the OWH year-long Woman Activity Tracker program, which encourages women to get at least 2 hours and 30 minutes of moderate-intensity aerobic physical activity, or 1 hour and 15 minutes of vigorous-intensity aerobic physical activity, or a combination of moderate and vigorous-intensity aerobic physical activity, and muscle-strengthening activities on 2 or more days. One can gain even more benefits by boosting activity to 5 hours of moderate intensity or 2 hours and 30 minutes of vigorous-intensity aerobic physical activity each week.

The Community Health Nursing Program along with Health Promotions and Disease Prevention Committee will be sponsoring a Lunch-Time Walk on May 19th. Registration will be at 10:30am and the walk will begin at 11:00am, and would like to request administrative leave for all women working for the tribes from 10:30 am thru 12:00 noon. Registration will be outside the main entrance of the IHS clinic. A copy of the sign-in sheet will be turned into the Personnel Department to verify attendance.

If you have any questions, please feel free to contact me at 238-5464.

Approve _____ Disapprove
 Signature 

RECEIVED

APR 26 2010

SHOSHONE-BANNOCK TRIBES
 TRIBAL ADMINISTRATION DEPARTMENT
 Received By WJ
 Index No. 600
 Refer to CHAIRMAN SIGNATURE
 Disposition (1) BASKET