

Senior wellness team takes health seriously



Faye Waheneka is a strong supporter of their new Wellness Center.



Verbena Greene believes spirituality is vital to one's health.



As team leader, Wilson Wewa, Jr. has his vital signs checked regularly.

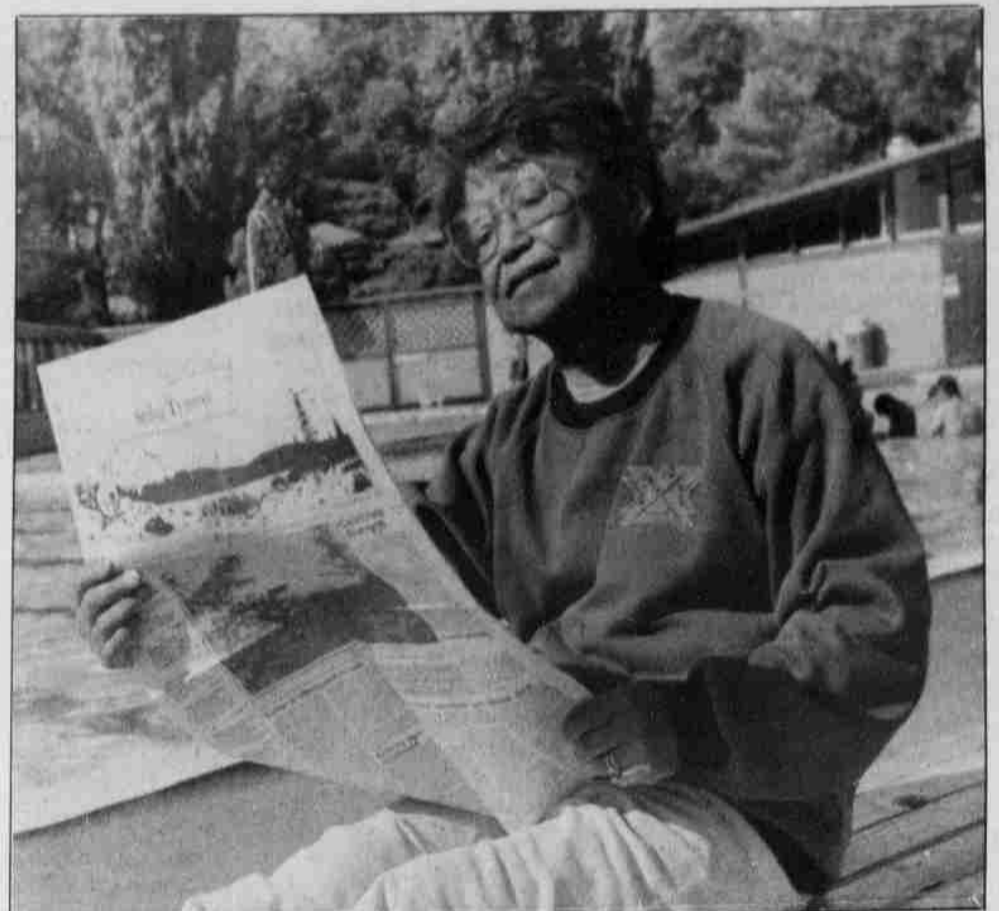


Louise Jackson walks daily and uses the stepping machine frequently.

Six Warm Springs senior citizens and their team leader will travel to Seaside, Oregon for the fourth annual Senior Wellness Conference October 17 through 22. Members of the wellness team may approach their health maintenance needs differently, but all members have a common goal--improved health and fitness.

Many of us may think fitness requires rigorous exercise and strict diet. Not so, according to the seniors. Moderation, sensibility and positive attitude are all partners of success. One person's way to fitness may not necessarily fit another person's lifestyle. Each member is encouraged to attain their fitness peak their own way--no pressure with plenty of healthy gain.

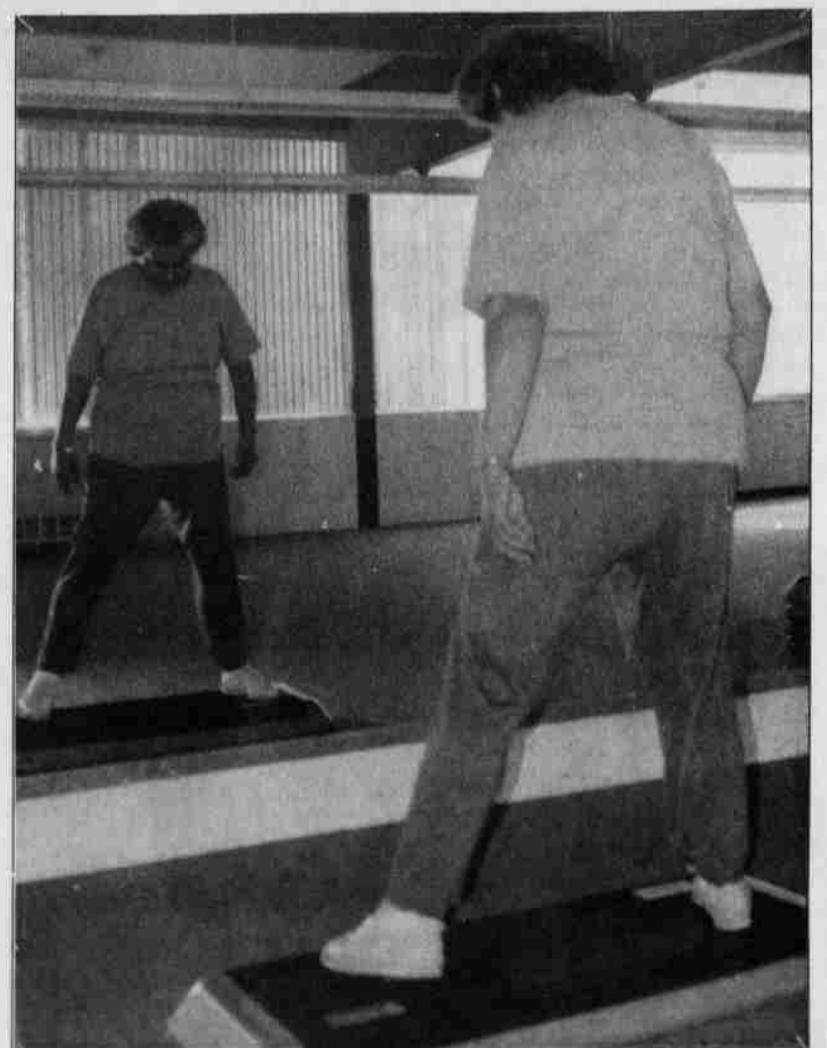
In talking with members of the senior team, one can only marvel at their enthusiasm and vitality. They will represent Warm Springs "well" in Seaside.



Maxine Switzler relaxes poolside for her health.



Madeline McInturff eats well-balanced meals for maximum health.



Iris Smith participates in aerobic exercise classes often.