

**BACK IN-PERSON**



# Just Move It Oneida

## Summer Strong

JULY 20, 2022 - 4 to 6:30pm - Oneida Lake

### COVID-19 Safety Measures

- ◆ Will be implemented to keep participants safe.
- ◆ Determined in consultation with Oneida Nation Public Health Department.
- ◆ No food or drink will be served at the event. Participants may bring their own water bottle.
- ◆ Virtual JMIO will continue to be an option.

### Partnering with Oneida Adventures!

- Try kayaking. We will provide a brief tutorial and you will have the opportunity to paddle in the lake with one of our skilled instructors.
- ◆ Call ahead to pre-register to guarantee your spot! We will have very limited spots for "drop-ins."
  - ◆ Reserve your spot:  
e-mail: [Adventure\\_Dept@oneidanation.org](mailto:Adventure_Dept@oneidanation.org) or call 920.490.3818
  - ◆ Minimum age = 5 years - No Maximum age

### Virtual Option

- ◆ Register at [oneida-nsn.gov/resources/health/health-promotions/jmio/](http://oneida-nsn.gov/resources/health/health-promotions/jmio/) (click on registration form).
- ◆ Report at [oneida-nsn.gov/resources/health/health-promotions/jmio/](http://oneida-nsn.gov/resources/health/health-promotions/jmio/) (click on activity minute submission).
- ◆ Post a picture on our Facebook page.
- ◆ E-mail or call Hanna Leisgang.

### Follow Us on Facebook


 @JustMoveIt Oneida

### T-Shirt Pick-Up Info

Where: Oneida Lake (directions on back)  
 When: 7.20.22 ◆ 4:00-6:00pm

**For More Information or Questions Contact Hanna Leisgang**

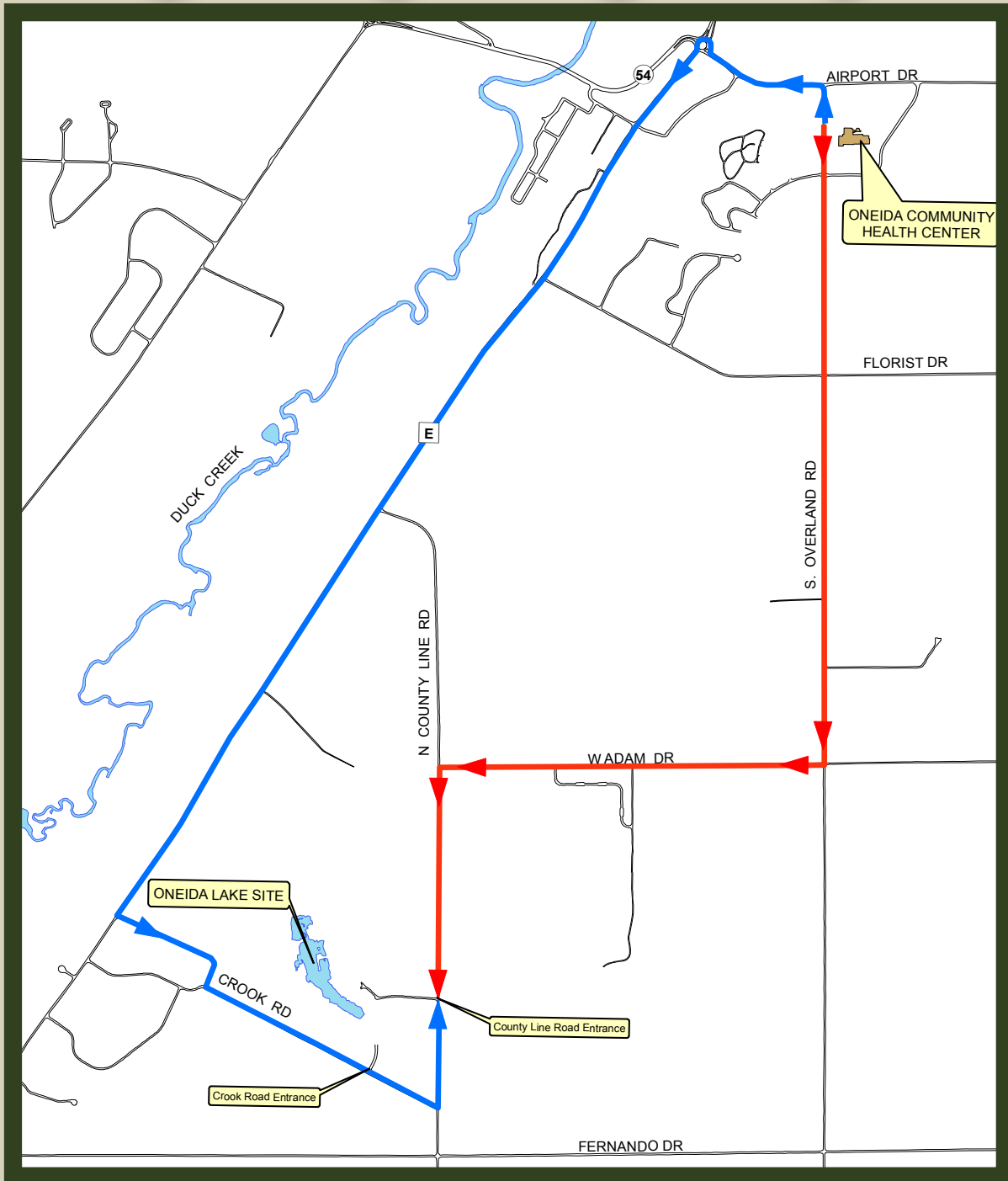
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 phone: 920.490.3927



# Oneida Lake

## Crook Road, De Pere



For More Information or Questions Contact Hanna Leisgang

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