

# SCOTTSDALE COMMUNITY COLLEGE FITNESS & WELLNESS CENTER

PARTNERS WITH

## SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY STRONGLIFE COMMUNITY WELLNESS PROGRAM



SCOTTSDALE  
COMMUNITY COLLEGE  
A MARICOPA COMMUNITY COLLEGE



## SRPMIC Members can earn monetary incentives through StrongLife's Physical Wellness Theme.

The StrongLife Community Wellness Program is aimed at a healthy Community in mind, body and spirit through five themes:

- 1. Physical Wellness** – Ability to see fitness and nutrition as a core to quality of life of self and posterity. A focus to live light and in joy.
- 2. Family Wellness** – Ability to enhance the quality of daily togetherness, gratitude for each other, acceptance.
- 3. Social & Culture** – Pride in true identity, desire to learn culture, love of land and people, hold on to tradition and sovereignty.
- 4. Emotional & Spiritual** – Acknowledgement of a personal source to a higher power, strength and healing in mental stability.
- 5. Financial Wellness** – Planning for financial security, spending control, and maintaining skills for financial stability.

[www.srpmic-nsn.gov/community/stronglife](http://www.srpmic-nsn.gov/community/stronglife)

### How to earn Physical Wellness points at SCC Fitness Center:

1. Go to [scottsdalecc.edu/fitness-center/strong-life](http://scottsdalecc.edu/fitness-center/strong-life) to enroll at SCC Fitness Center using an SRPMIC Tuition Waiver.
2. Contact Heather Demeritte to register with StrongLife.
3. Once you are enrolled at SCC Fitness Center and StrongLife, we will turn in your hours at the end of the month.

Whether you are a first time exerciser or an advanced athlete, we're here to help you meet your fitness goals.

As a member, you will have access to state of the art equipment, and personal assistance and instruction from certified staff members.

**We will help you achieve a healthy lifestyle. Come see us today!**

**TO LEARN MORE OR TO SIGN UP AS A PARTICIPANT, PLEASE VISIT  
[bit.ly/scc-fc-srpmic-tm](http://bit.ly/scc-fc-srpmic-tm)**

**Questions contact: [heather.demeritte@scottsdalecc.edu](mailto:heather.demeritte@scottsdalecc.edu) | 480.423.6660**