



GOLFING FOR WELLNESS

GOLF EVENT

Thursday, Feb. 29, 2024 | 2:00PM - 3:00PM

The golf clinic is designed to teach the core fundamentals of your golf swing mechanics. Topics include finding your swing that enhances full motion control as well as recommended club selection for the variety of different shots around the green.

LOCATION:
Whirlwind Golf Course

SIGN UP TODAY!



Limited Space Available

HEART & SOLE WALKING CHALLENGE

WALKER TRACKER

Feb. 1 - 29, 2024

This challenge is designed to not only boost your physical health but also to celebrate the connections and camaraderie among our team at Gila River Resorts and Casinos.

GET 7,500K STEPS PER DAY

SIGN UP TODAY!



Create An Account Today!

HEART HEALTH AWARENESS MONTH 2024

EAP EVENTS

All Events Are From 5:30AM - 10:00AM

Do you know how to keep your heart healthy?

You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

- Vee Quiva | Feb. 2, 2024
- Santan Mountain | Feb. 9, 2024
- Lone Butte | Feb. 16, 2024
- Wild Horse Pass | Feb. 23, 2024

LOCATION:
Property Team Dining Room's

Need Help call EAP 24/7 Helpline 800-946-4452 ext. 8888