

OKICİYAPI
WELLNESS CENTER

2013 SUMMER
HOURS OF OPERATION

MONDAY— FRIDAY
7:00 AM - 5:30 PM

FOR MORE
INFORMATION
CALL

605-355-2271

Move Your Mind
Your Body
Will Follow



Okiciyapi Wellness
Center Staff

Supervisory Health Tech/
Certified Fitness Specialist

Lynn Cuny
605-355-2363

Health Technicians

Stephen Yellowhawk
605-355-2353

Sandor Iron Rope
605-355-2271

SDPI Program Staff

Administration

Nurse Specialist
Lisa Tompkins
605-355-2279

Administrative Support Specialist/
Certified Fitness Specialist

Mary Baird-Holder
605-355-2488

Diabetes Education

(Located in the hospital-3rd floor)

Diabetes Clinical Nurse
Cindy Hein
605-355-2239

Dietitian
Melissa Berry
605-355-2239

Medical Support Assistant
Lisa Peniska
605-355-2371



OKICİYAPI
WELLNESS CENTER



3200 CANYON LAKE DR
RAPID CITY, SD 57701

Phone: 605-355-2271

Fax: 605-355-2564

SPECIAL DIABETES PROGRAM FOR INDIANS (SDPI) OKICIYAPI WELLNESS CENTER

The Special Diabetes Program for Indians (SDPI) is a grant funded program at the Sioux San Hospital. The SDPI- Okiciyapi Wellness Center (OWC) is here to provide a place for our community members to be active. We, the staff, are here to teach our clients how to be proactive in their health and lead a healthy life. We offer fitness, nutrition and diabetes education to help you on your path of wellness. We invite all of our relatives to come in and find out how we can help you on your path to wellness!



The OWC offers a wide variety of services to our members. These services include:

- > Blood Pressure Checks
- > Blood Glucose Monitoring
- > Personal Fitness Assessments
- > Personalized Exercise Plans
- > Nutrition Counseling
- > Weight Loss Programs
- > Cooking Classes
- > Strength and Endurance Training
- > Health Education
- > Outdoor recreation
- > Yoga
- > Massage Therapy
- > Circuit Training and much more.

Okiciyapi - "Helping One Another"

We encourage everyone to start and maintain an exercise routine. Our program rewards our participants for the number of minutes that they engage in physical activity each month. Below is a list of items that we offer to encourage everyone to get up and get active!

OWC INCENTIVE LIST

Complete Assessment
Clear water bottle

1 month of 150 min/wk of exercise-4pts.
Visor & Pedometer

2 months of 150 min/wk of exercise-8pts.
Silver Water Bottle

3 months of 150 min/wk of exercise-12pts.
Stretch bands

4 months of 150 min/wk of exercise-16pts.
Workout Towel

5 months of 150 min/wk of exercise-20pts.
T-shirt

6 months of 150 min/wk of exercise- 24 pts.
Sweatshirt

Mission Statement

*Empowering our relatives to
fight diabetes and achieve a life
of wellness, happiness and harmony*



OWC Equipment

- Cardio Area includes:
 - » 5- Treadmills
 - » 4- Elliptical Machines
 - » 2- Exercise Bikes
 - » 2- Windjammers
 - » 1- Stairmaster
- Weight Lifting Area
- Stretch/Circuit Training Area
- Also available on the Sioux San Hospital campus-
 - Sand Volleyball Court
 - Outdoor Basketball Court



MEMBERSHIP ELIGIBILITY

- Enrolled members of a tribe
 - IHS Employees

A fitness assessment or physician release form needs to be completed in order to utilize the OWC.

