



NACA
Healing Together.

HEALTH PROMOTION NEWSLETTER

JANUARY 2022!

HAPPY NEW YEARS!

Set yourself up for success in 2022!
All Fitness Packages are BOGO this month at the Wellness Center. Or ask about our Referral Program!

RESOLUTION MONTH

Earn points for your attendance at the Wellness Center and cash in for prizes!

Meet with our Dietitian, Sheila Walsh.

NACA's nutrition advocate and coordinator of the Healthy Heart class. Learn more about nutrition, plant-based tricks, and so much more! Call to set up an appointment today.



CLASS DESCRIPTIONS

TRX incorporates bodyweight exercise and suspension training to develop strength, balance, flexibility, and core stability simultaneously.

SUPER CIRCUIT incorporates Interval Training workouts to optimize weight loss while improve cardiovascular fitness and muscular strength.

YOGA FLOW takes your mind and body through a moving meditation. Try out an hour of traditional vinyasa flow.

STRETCH will assist in head-to-toe recovery through a variety of stretch techniques and tools in just **30 minutes!**

SPIN: An indoor cycling class that is a fun, low impact, and a simple way to work out. Come meet Donovan, our newest instructor.



COMMUNITY EVENTS

Q&A: Come into the Wellness Center with any questions for our ACSM Exercise Physiologists. New to Exercise? They will be happy to guide you through the ins and outs of exercising to reach your personal wellness goals.



EDUCATION CLASSES



STRONG SPIRIT, STRONG HEART: Join the comprehensive lifestyle behavior change program. You will receive the skills and tools needed to reach a healthy balance of weight and physical activity. The whole family can join.



DIABETES SELF-MANAGEMENT EDUCATION: Are you or a loved one living with diabetes, type 1 or 2?

Learn about the *ADCES 7 Self-Care* behaviors for a proactive approach to managing diabetes. We will leave no questions left unanswered as we navigate the topics of Diabetes together.



HONORING THE GIFT OF HEALTH HEART: Treat your heart and health right for the benefit of yourself and your family, with this in-depth class. Focus on giving you the tools and resources to create healthy choices for a healthy heart

TO REGISTER OR INQUIRE ABOUT OUR EDUCATION CLASSES,
PLEASE CONTACT OUR OFFICE.
928.773.1245