



# Health Promotion Newsletter

## January 2023

### Upcoming Events

#### Strong Spirit, Strong Heart

#### Diabetes Prevention Program

#### 8 Week Series - Begins February 7th from 3:30-5pm

Gain the knowledge to prevent diabetes and explore different tools to optimize your Wellness! Each session we will discuss the ideas of achieving weight loss through healthy eating and physical activity. Save your spot today by calling the Wellness Center to register.

#### Diabetes Self- Care and Management Education Class

#### At NACA's Family Health Center

#### February 24th from 8:30am-2pm.

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. Contact our Health Coaches to register.

#### Honoring the Gift of Heart Health

#### Health Education Class Series

#### Available Online via Zoom!

This class will work around your busy schedule! Learn the risks of heart disease, nutrition on the go, and preventive care for your hearts health. Contact our Community Health Representative, Elyse, to register today.

# Happy New Year

### Group Fitness Descriptions

#### 30 minute classes

#### Chair Stretch & Strength

Head-to-toe movement through a variety of techniques and tools while seated from a chair!

#### Intro to Yoga

Learn the basics while connecting the mind and body through a moving meditation.

#### Spin

An energizing indoor cycling class that is low impact and a simple way to work out.

#### Step

Step to active, choreographed cardiovascular exercises targeting different muscle groups.

#### Super Circuit

Improve cardiovascular fitness and muscular strength through Interval Training.

#### TRX

Develop strength, balance, flexibility, and core stability simultaneously with Suspension Training.

#### TRX Yoga

Combine standard TRX training with the dynamic stretch and flow of Yoga.