

# HEALTH PROMOTION NEWSLETTER

## JANUARY 2024

### HOURS OF OPERATION (MST)

#### Wellness Center

Monday -Thursday | 8am-7pm

Friday | 8am-5pm

#### Family Health Center

Monday-Thursday | 8am-6pm

Friday | 8am-5pm

#### Main Office

Monday-Friday | 8am-5pm

Closed for lunch | 12-1pm

### UPCOMING EVENTS

#### Navajo Shoe Game with Reach Ur Life (RUL)

Join the RUL Késhjéé! Register with the QR code to be apart of this three part series, each presented by Talibah Begay. Jan. 11th and 18th on Zoom, learn more about songs, stories and rules that can be used in the In Person Késhjéé at Flagstaff Bordertown Dormitory on Feb. 2, 2024.



#### safeTALK | Reach Ur Life (RUL)

A half-day alertness training that prepares anyone to become a suicide-alert helper.

Interested in meeting with NACA's Registered Dietitian? Meet Melissa Goode!

Available for 1:1 appointments at the NACA Family Health Center.

## COMMUNITY CLASS DESCRIPTIONS

### Lasting Indigenous Family Enrichment (L.I.F.E.) Activities

*Pow Wow Sweat* continues to embrace culture through dance! This online video series breaks down traditional dances into step-by-step exercise routines. Attend two of three sessions this month for a chance to earn a NACA sweat towel! Stay tuned for *String Games*!



**L.I.F.E.**

Lasting Indigenous  
Family Enrichment



### Living Well with Diabetes (DSME)

Learn about the ADCES 7 Self-Care behaviors for a proactive approach to managing Diabetes. Our goal is to empower you to take control of your health and ur quality of life! Scan the QR Code or contact our Health Coaches to register.

## GROUP FITNESS DESCRIPTIONS

### 30 MINUTE CLASSES

#### Super Circuit

Improve cardiovascular fitness and muscular strength through Interval Training.

#### Spin

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

#### Step

Step to choreographed exercises to challenge all major muscle groups.



### 60 MINUTE CLASSES

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

**TRX**

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

**TRX  
Yoga**

A beginners guide to connecting the mind and body through a moving meditation.

**Intro to  
Yoga**

Contact the Wellness Center to register for Health Education Classes | 928 - 773 -1245 x221