

# HEALTH PROMOTION NEWSLETTER

## FEBRUARY 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 | Reach Ur Life (RUL)

Register with the QR code to join the RUL Késhjéé!

Postponed until Friday, February 16th from 5:30pm - 8pm at Summit High School.

*Interested in meeting with NACA's Registered Dietitian? Meet Melissa Goode! Schedule your 1:1 appointment at the NACA Family Health Center.*

SCAN ME



## COMMUNITY CLASS DESCRIPTIONS

### Community Beading Circle (L.I.F.E.)

Join our LIFE program for a 5-week beading class that is open to all skill levels. Come learn the flat stitch beading method and make your very own beaded item! Class is limited to 12 participants.



### Run for Renewal (L.I.F.E)

Join the 6-week training schedule to improve endurance, with weekly in-person meet-ups for nutrition and traditional running information. All ages are welcome, register by scanning QR code. Zoom participation is also available.

### Honor Your Heart

Take Part in our Latest Health Education Course, led by NACA's Registered Dietitian. This six-week online class concentrates on practical tools to improve heart health and achieve a more balanced life.



## 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