

# HEALTH PROMOTION NEWSLETTER

## APRIL 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

#### Native Food for Life | L.I.F.E.

New Series Begins July 18, 2024!

A program by the Physicians Committee for Responsible Medicine. This 6-Week Series honors indigenous plant-based foods and promotes wellness.

Register now by scanning the QR code.



### COMMUNITY CLASS DESCRIPTIONS



#### Strong Spirit, Strong Heart

Transform your health with our 8 Week Series! Join our health coaches on Zoom and receive the tools you need to lose weight, eat healthier, increase activity, and manage stress. Scan QR code to register for the next cohort beginning, April 24th at 5:30pm (MST)

#### Run 4 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.



### GROUP FITNESS DESCRIPTIONS

#### Kung Fu Conditioning with Instructor Sifu Donovan Charley (Dine)

A complete body workout to develop flexibility, speed and power. When practiced regularly, will help with weight loss, coordination and give you self-defense applications. 12 participants Max.

#### 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