

HEALTH PROMOTION NEWSLETTER

JULY 2024

UPCOMING EVENTS



Cedar Harvesting Workshop

Harvest: July 12th at 5:30 pm (MST) @ Sandy Seep trailhead

Processing: July 24th at 5:30pm (MST) @ NACA Wellness Center

A two part series to learn traditional Navajo and Hopi teachings on collecting and processing cedar. Register here.

Join our **Garden Water & Work Days** At Hal Jensen Community Center to learn about planting and harvesting techniques.

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

COMMUNITY EVENTS & CLASSES



Living Well with Diabetes (DSME)

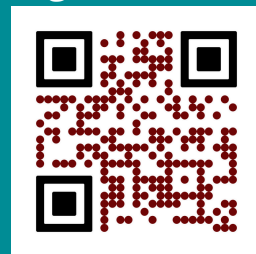
Online Every Tuesday at 5:30pm (MST) | July 9- August 20

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 your quality of life! Scan the QR Code to register.

Native Food For Life (NFFL)

Online Every Thursday from 5:30- 7pm (MST) | July 18- August 22

Developed by the Physicians Committee for Responsible Medicine, that celebrates indigenous plant-based foods. Scan QR Code 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.

TRX

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



60 MINUTE CLASSES

Head-to-toe relief through a variety of techniques and tools

Stretch

An introductory to connecting the mind and body through active meditation.

Intro to Yoga

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

TRX Yoga

A full-body workout to improve flexibility, speed, and strength. Improve weight loss, coordination, and self-defense skills.

Kung Fu with Sifu Donovan Charley (Dine)

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