

HEALTH PROMOTION NEWSLETTER JANUARY 2025

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

Honor Your Heart | January 8th

Wednesday Nights, from 5:30-6:30pm (MST)

Led by NACA's Registered Dietitian, Taylor Wahl.

This 6-week online Zoom class focuses on life-enhancing, practical tools for approaching heart health and living a balanced life.

For more information, please contact 928-773-1245 ex. 284



COMMUNITY EVENTS & CLASSES

Living Well with Diabetes (DSME)

Beginning January 21st, join us on Tuesday evenings from 5:30 to 6:30 PM (MST) for our complimentary 7-week diabetes self-management class on Zoom. This course is designed for individuals with diabetes and their families. Our certified educators will equip you with tools and insights on healthy habits, medication management, and risk reduction, empowering you to take charge of your health and enhance your quality of life.



Native Food For Life Online

Starting February 24th, join us on Zoom for a free 6-week online class focused on Indigenous plant-based foods for health and wellness. We will explore exactly how "food is medicine" and what to eat to get healthy and stay healthy. Register by scanning QR Code.



GROUP FITNESS DESCRIPTIONS

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.

Run Conditioning

Practice stretching, stability and strength of muscles involved with walking and running for greater mobility and endurance.



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

TRX

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

Intro Yoga

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

TRX Yoga

CONTACT THE WELLNESS CENTER TO REGISTER FOR HEALTH EDUCATION CLASSES | 928 - 773 -1245 X221