

HEALTH PROMOTION NEWSLETTER

AUGUST 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

Back to School Blessing & School Supply Distribution

August 2nd | Picture Canyon Preserve at 6am (MST)

Start the new school year with a prayer/blessing for students and their families. Following the prayer, families are welcome to join our Health Promotion team for a guided hike of Picture Canyon.

School supplies provided by NACA Supportive Services Program

COMMUNITY EVENTS & CLASSES - SCAN QR CODES FOR MORE INFORMATION

Living Well With Diabetes

August 16th | 8:00 AM - 3:30 PM (MST)

Join us for a *FREE one-day class* focused on effective diabetes management. Open to all community members. A complimentary lunch will be provided during a food demonstration led by NACA's Dietitian, Taylor Wahl. Take this opportunity to empower yourself and take charge of your health!

Healing Through Traditions: A Tobacco Cessation Workshop

August 19th | 5:30-6:30pm (MST) At the NACA Wellness Center

Join our free workshop to explore the cultural use of tobacco in Indigenous communities. Learn the differences between sacred and commercial tobacco and their impacts on health and culture.

Community Garden Work Days **Tuesday & Thursday 5:15pm (MST)**

at Hal Jensen Rec Center

Volunteer, meet new friends, and engage in community building! Work with the L.I.F.E. Team and Master Gardener, Madison Dreifuss, to learn about High Elevation Gardening and Harvesting.

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.

Strength Conditioning

Learn to target large and small muscles groups by implementing various techniques to tone and sculpt the body using body weight and equipment.



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

TRX

An introduction to connecting the mind and body through active movement and 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