

# HEALTH PROMOTION NEWSLETTER

## 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**

## JANUARY 2026

**Yas Nilt'ees** - The Navajo people gathered and melted snow for household water using stoves or outdoor fires, a practice that reflected the natural melting of snow toward the end of the season.

**Paamuya** - “Water Moon” Villages begin Winter with social dances, such as Hopi Buffalos, and other ceremonies that incorporate prayers for snow, replenishing the Earth with moisture in preparation for the upcoming planting season.

## UPCOMING COMMUNITY EVENTS AND CLASSES

### Run For Renewal

February 8<sup>th</sup> - March 21<sup>st</sup>

**Thursdays, 5:30-6:45pm (MST)**

A 6-week guided walking and running training to build endurance for a 5K (3.2 miles), with weekly in-person sessions at NACA Wellness Center or virtual options from home.

Program leads up to Virtual Spring Equinox 2k/5k/10k on March 20<sup>th</sup>, (optional)



### Living Well With Diabetes

February 21<sup>st</sup> | 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, the event includes a complimentary lunch with a food demonstration by NACA's Dietitian. Empower yourself and take charge of your health!



### Honor Your Heart

Wednesday's, 5:30-6:30pm (MST)

March 11<sup>th</sup> - April 15<sup>th</sup>

Join our free six-week Zoom class to learn practical tools for heart health and living a balanced life. Led by NACA's Dietitian, Taylor Wahl- Fabrega.



## 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 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