

HEALTH PROMOTION NEWSLETTER

APRIL 2026

HOURS OF OPERATION (MST)

Wellness Center *NEW HOURS*

Monday - Friday | 8am-5pm

Family Health Center

Monday-Thursday | 8am-6pm Friday | 8am-5pm

Main Office

Monday-Friday | 8am-5pm

Closed for lunch | 12-1pm

Abril - A month of Joy and Faith

T'aachil: Early ground plants flourish, providing nutrition for livestock and wildlife, aiding their growth. Larger plants signal summer, prompting the Navajo to prepare for crop planting.

Kwiyamuya: A joyful celebration marking the growing season's start, featuring Racing Katsinam visiting villages, bringing fun and leaving prayers for a healthy crop year.

UPCOMING COMMUNITY EVENTS AND CLASSES

Community Cooking Class

Mondays, 6-7:15pm (MST)

Every 3rd Monday

Join us at the Flagstaff Family Food Center, for a free hands-on cooking experience designed to make healthy, delicious meals simple and accessible for everyone! *20 participants max each class.*



What Can I Eat? *New Class*

Wednesdays, 5:30-7pm (MST)

May 6 - June 3

Learn about healthy eating with diabetes through the American Diabetes Association newest series. The program includes 5 classes with topics on healthy nutrition and diabetes, physical activity, and ways to make healthy food choices. *Available only In person at NACA Wellness Center. Class is limited to 15 participants.*



Garden Kick off & Blessing

Saturday May 30th

10-12pm (MST)

Join our L.I.F.E. program at the NACA's Garden plot, located at Hal Jensen Rec Center, for a free community event! food, crafts, and fun to kick-off the gardening season!



GROUP FITNESS DESCRIPTIONS

Super Circuit	Improve cardiovascular fitness and muscular strength through Interval Training.		Develop strength, balance, and core stability simultaneously with Suspension Training.	TRX
Spin	An energizing indoor cycling class that is low impact and a simple way to work out.		An introductory to connecting the mind and body through active meditation.	Intro Yoga
Strength Conditioning	Learn to target all muscles groups by implementing various techniques to tone and sculpt the body using body weight and equipment.		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