

HEALTH PROMOTION NEWSLETTER

MARCH 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

Marzo - A month of Renewal and Transition

Woozhch'iid - Marks the season of growing baby eagles and the birth of young animals, including lambs. Spring brings new grasses, though the weather remains unpredictable with strong winds and sudden changes.

Osomuya - A time that encourages harvest growth and rain, Night Dances are held in each village, and Katsinam visits with offerings of food that will begin to grow in spring.

UPCOMING COMMUNITY EVENTS AND CLASSES

Native Food For Life

Mondays, 5:30-7pm (MST)

April 6 - May 11

Join us every Monday, 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. *Available only on Zoom.*



Community Beading Circle

April 7 - May 10 | 5:30- 6:45pm (MST)

Join our L.I.F.E. program at the NACA Wellness Center on Tuesday nights for a 5-week beading class that is open to all skill levels. Come learn flat stitch beading and loom method to make your very own beaded item! *Class is limited to 15 participants.*



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.*



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