

# HEALTH PROMOTION NEWSLETTER

## 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

## MAY 2026

Mayo- A month of Gratitude and Heritage

T'aatsoh: Plants are growing everywhere as Mother Earth becomes fully alive. The rainy season begins with thunder and lightning. Sheep are sheared, fields are prepared, seeds gathered, and crops such as corn, squash, chili peppers, and melons are planted.

Hakitonmuya: Early crops are planted, and Katsinam dance in the plazas to bless the new plantings and support growth.

## UPCOMING COMMUNITY EVENTS AND CLASSES

What Can I Eat? \*New Class\*

May 6 - June 3 | Wednesdays, 5:30-7pm (MST)

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.*

Garden Kick off & Blessing

Saturday May 30<sup>th</sup> | 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!

Community Cooking Class

Every 3<sup>rd</sup> Monday | 6-7:15pm (MST)

At Flagstaff Family Food Center



Spring into Summer Hiking Series

Hike Starts at 7:30am (MST)

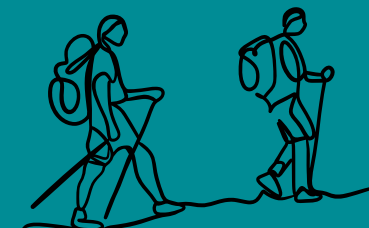
May 16 | Campbell Mesa

June 16 | Fort Tuthill with Just Move It!

July 18 | Sandy Seep

August 1 | McMillan Mesa with Back To School Blessing

September 12 | Aspen Loop with ReachUrLife



## 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 all 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

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