

HEALTH PROMOTION NEWSLETTER

JUNE 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

Junio - A month of Family and Saints

Ya'iishyaashchili : Heavy rains nourish newly planted crops. Wild plants begin producing fruits, and Navajos gather wild berries and seeds.

Wuko'uyis: happy, active time when corn and key crops are planted. Plaza dances occur frequently, and the Corn Dancer represents the many varieties of Hopi corn.

UPCOMING COMMUNITY EVENTS AND CLASSES

Community Cooking Class

Every 3rd Monday | 6-7:15pm (MST)

At Flagstaff Family Food Center . 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. Attend the last three classes for a prize!



Cedar Harvest and Bundling

July 18th & 21st

NACA's Lasting Indigenous Family Enrichment Team return to Sandy Seep* for a Two Part harvest and bundling workshop. Supplies will be provided. For more information, pre-register with QR Code.



Back to School Blessing * Save the Date and RSVP with QR Code*

August 1st at Hal Jensen Rec 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