

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

AUGUST 2026

Agosto- Harvest and Honor

Biniant'aats'ozi - Early crops begin to ripen, harvesting begins, and foods are shared with family and clan members.

Tala'paamuya - Summer social dances are held to give thanks for crops and favorable weather.

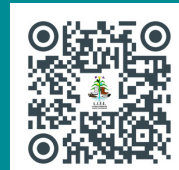
UPCOMING COMMUNITY EVENTS AND CLASSES (MST)

Back to School Blessing

August 1 | Hal Jensen Rec Center | 6am

Start the new school year with a prayer/blessing for students and their families. School supplies provided by NACA Supportive Services Program. RSVP with QR Code - supplies are limited.

Followed by optional hike



Spring into Summer Hiking Series

August 1 | McMillan Mesa with Back to School Blessing

September 12 | Aspen Loop with ReachUrLife



Honor Your Heart

Wednesdays, 5:30-6:30pm

August 19 - September 23

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.



Living Well With Diabetes

September 19 | 8:00 AM - 3:30 PM

Join us for a ****FREE one-day class**** focused on effective diabetes management. This event is open to all community members. Empower yourself and take charge of your health!



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
Zumba	A high-energy, dance-based fitness class that combines easy-to-follow choreography with upbeat rhythms.	An introductory to connecting the mind and body through active meditation.	Intro Yoga
Strength Conditioning	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