

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

SEPTEMBER 2026

Septiembre - Independence and Patriotism

Bini'ant'aatsoh - Families trade livestock, continue harvesting and corn, squash, melons, chili peppers, and fruits are shared.

Nasanmuya - Crops are ripe, and the community celebrates with feasts. Women's Society ceremonies are held in gratitude for the successful harvest.

UPCOMING COMMUNITY EVENTS AND CLASSES (MST)



What Can I Eat?

Wednesdays, 5:30-7pm | October 7 - November 4

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.*



Run For Renewal

Thursdays, 5:30-6:30pm | October 8 - November 12

A 6-week guided walking and running training to build endurance for a 5K (3.2 miles), with weekly in-person sessions at NACA Wellness Center or virtual options from home. Program leads up to Roc Your Mocs! (Optional Virtual Walk / Run)

Truth and Reconciliation Awareness Day Events at the NACA Wellness Center

September 25 | 1-5pm
Tie Dye Orange T-Shirt

September 30 | 8:30-10:30am
Awareness Walk

Truth and Reconciliation (Orange Shirt Day) honors Indigenous children who never returned home and recognizes the lasting impacts on survivors of the boarding school era in the U.S. and Canada. It serves as a day of remembrance and healing for affected families.

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