


# venen dghazhi May 2024 Wellness Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Wear Red all week Support awareness of Missing &amp; Murdered Indigenous Women #MMIW</p>	<p>ALASKA'S TOBACCO <b>QUIT LINE</b> 1-800-QUIT-NOW 784-8669 alaskaquitline.com</p>	1	2	3	4	<p>7:45pm Dawn Prayers 5:00pm MMIP Candlelight Vigil at Raven's Plaza</p> <p>When was the last time you had your cholesterol checked?</p>
5	6	7	8	9	10	11
<p>Clean Air Month, Blood Pressure Control, Diabetes Wellness, and Elder Health</p>	1-4pm Arts & Crafts	10am-2pm Health Promotion in the lobby 11:00am-1:00pm Chronic Disease Self- Management Class		9 <b>Thirsty Thurs.</b>	10:00am-4pm Native Arts and Crafts Sale 10am-2pm Foraging Friday	Learn the signs and symptoms of a stroke
12	13	14	15	16	17	18
<p><b>Mother's Day</b> It's sleep well Sunday and we hope you get to sleep in today. You deserve a break!</p>	1-4pm Arts & Crafts	11:00am-1:00pm Chronic Disease Self- Management Class			10am-2pm Foraging Friday	Try gardening to keep active. Aim for 30 minutes of activity a day.
19	20	21	22	23	24	25
Do you know your blood pressure numbers?	1-4pm Arts & Crafts	11:00am-1:00pm Chronic Disease Self- Management Class	1-2pm <b>Healthy Food Workshop</b>		10am-2pm Foraging Friday	Check out kenailocalfood.org for farmers markets and events
26	27	28	29	30	31	
Practice self care to be healthy, fit and resilient	Kenaitze Tribal Programs Closed HAPPY MEMORIAL DAY	11:00am-1:00pm Chronic Disease Self- Management Class			10am-2pm Foraging Friday	COMING IN JUNE <b>Resources for Depression and Tobacco Cessation</b>
		<p><b>Gym classes are open to: Un'ina, Kenaitze Employees, and Buddy Participants</b> Gym: Mon - Fri 6:30am - 6:30 pm ~ No appt needed for orientation Greenhouses open Monday - Friday 10AM-3PM at the end of Ames Rd. <b>The month of April is great for tapping birch trees, keep an eye out for this month's upcoming birch tapping class</b> Tasty Tuesday and Thirsty Thursday in the Gym. Come try some healthy snacks and infused water!</p>				

venen dghazhi  
egg month



### Anti-Stressin Trail Mix

This snack contains potassium, magnesium, protein, prebiotics, and probiotics. All of which are great for combating stress!

- 1/4 c Almonds
- 1/4 c Cashews
- 1/4 c Brazil Nuts
- 1/4 c Banana Chips
- 1/4 c Yogurt Chips
- 1/4 c Dried Edamame
- 1/4 c Pumpkin Seeds
- 1/4 c Dark Chocolate Chips
- 1/4 c Granola

Directions:  
Mix all the ingredients together in a big bowl.  
portion 1/4 c of the trail mix in individual bags or enjoy one handful when you need a quick snack.

# FITNESS CLASSES MAY 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM - 8:45 AM	<b>Hatha Yoga &amp; Morning Stretch</b> 8:00 AM - 8:45 AM	9:00 AM - 10:00 AM <b>Morning Beach Walk</b> 9:00 AM - 10:00 AM			7:15 AM - 8:00 AM <b>Circuit Burn &amp; Strength</b> 7:15 AM - 8:00 AM
11:00 AM - 11:30 AM		<b>Circuit Works</b> 11:00 AM - 11:30 AM	<b>Balance &amp; Agility Class</b> 11:00 AM - 11:30 AM	11:00 AM - 12:00 PM <b>Walking Club</b> 11:00 AM - 12:00 PM	
12:00 PM - 12:30 PM	<b>Back, Booty, &amp; Core Express</b> 12:00 PM - 12:30 PM		<b>Back, Booty, &amp; Core Express</b> 12:00 PM - 12:30 PM		12:00 PM - 12:45 PM <b>Yoga Flow</b> 12:00 PM - 12:45 PM
2:15 PM - 2:45 PM	<b>Balance &amp; Agility Class</b> 2:15 PM - 2:45 PM	5:30 PM - 6:00 PM <b>Stretching</b> 5:30 PM - 6:00 PM		1:00 PM - 2:00 PM <b>Hatha Yoga &amp; Stretch</b> 1:00 PM - 2:00 PM	

### Back, Booty, & Core

Concentrates on strengthening the muscles around the core with an emphasis on core strength and stability. Providing the vital ingredient for a stronger body.

### Circuit works

A number of different exercise stations being set up around the room. Participants will start at one specific station and doing that will exercise at that station for a set period of time. GREAT FOR ALL SKILL LEVELS!

### Vinyasa Yoga Flow

Flow is a vigorous class where the movements are connected to each other in a flowing manner, and linking movement with the breath is a primary focus. Beginners are welcome and will be encouraged to pace themselves and focus on mastering the basic poses before moving onto the more complex poses. Helps build overall strength and flexibility.

### Circuit Burn & Strength

This is a fast paced energizing circuit with stations carefully designed to deliver a total body knockout workout.

### Hatha Yoga & Stretch

Hatha yoga is practiced at a slower pace, with focus on the breath, controlled movements, and stretching.

### Balance & Agility Class

Strengthening the ability to balance for all levels to help increase stability, reduce risk of falls and stay upright easier and more naturally and Improving footwork to be quick and easy, increase ability to safely negotiate obstacles and improve reaction time.

### Walking Club

Join us for a walk around Old Town Kenai or to the Beach.

## Monthly Challenge

**Look after your mental health using exercise!**

Physical activity has a huge potential to enhance our well-being. Even a short burst of 10 minutes of brisk walking increases our mental alertness, energy and positive mood.

Earn a drawing ticket every time you use the DWC gym for at least 10 minutes a day.

All tickets will be entered into a prize drawing at the end of the month!

**We are open Monday - Friday  
from 6:30 AM - 6:30 PM**

