### Colorectal Cancer Awareness Month

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
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<td>3 Colonoscopy is screening to find and remove polyps in the colon</td>
<td>4 1-4pm Arts &amp; Crafts</td>
<td>5 11am-1:30pm Diabetes Self-Management Class</td>
<td>6</td>
<td>1 7:45am Dawn Prayers</td>
<td>2 Alaska Native people should start colorectal cancer screening at age 40</td>
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<td>10 Avoid alcohol and tobacco to reduce risk for cancer</td>
<td>11 1-4pm Arts &amp; Crafts</td>
<td>12 11am-1:30pm Diabetes Self-Management Class</td>
<td>13</td>
<td>14 1-3pm Seed paper/card Workshop at the Greenhouses</td>
<td>16 Limit sugary drinks to help maintain a healthy weight</td>
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<td>17 High fiber foods, fruits and vegetables are good for colon health</td>
<td>18 1-4pm Arts &amp; Crafts</td>
<td>19 Tasty Tues. 11am-1:30pm Diabetes Self-Management Class</td>
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<td>21</td>
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<td></td>
<td>24/31 Know your family history of colorectal cancer</td>
<td>25 1-4pm Arts &amp; Crafts</td>
<td>26 11am-1:30pm Diabetes Self-Management Class</td>
<td>27</td>
<td>28 1-3pm Arts &amp; Snacks activity at the greenhouses - &quot;How small can you Van Gogh&quot;</td>
<td>30 Coming in April resources for living well!</td>
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#### Gym classes are open to: Un’ina, Kenaitze Employees, and Buddy Participants

Gym: Mon - Fri 6:30am - 6:30 pm ~ No appt needed for orientation
Greenhouses now open! Our hours are Monday - Friday 10AM-3PM at 245 N. Ames Rd.
Tasty Tuesday and Thirsty Thursday in the Gym. Come try some healthy snacks and infused water!

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### Lemon-Garlic Salmon

1 lb Salmon  
2 tbsp Melted Butter  
2 Tbsp Honey or Maple Syrup  
1 Tsp Dijon Mustard  
1/2 Lemon Juiced  
Zest from 1 lemon  
1/2 tsp Garlic Powder  
Salt and Pepper.

Preheat oven to 400°. Line a baking sheet with parchment paper and lightly grease. Place salmon skin side down. In a medium bowl mix together the rest of the ingredients and generously brush the salmon with them. Bake for 15-20 minutes or until the salmon easily flakes with a fork.
### Fitness Classes March 2024

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>8:00 AM - 8:45 AM</td>
<td>Hatha Yoga &amp; Morning Stretch 8:00 AM - 8:45 AM Danielle Hughes</td>
<td>Circuit Burn &amp; Strength 7:15 AM - 8:00 AM Danielle Hughes</td>
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<tr>
<td>11:00 AM - 11:30 AM</td>
<td>Back, Booty, &amp; Core Express 12:00 PM - 12:30 PM Danielle Hughes</td>
<td>Circuit Works 11:00 AM - 11:30 AM Jeralyn Montoya</td>
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<tr>
<td>12:00 PM - 12:45 PM</td>
<td>Balance Class 5:00 PM - 5:30 PM Jeralyn Montoya</td>
<td>Agility Class 2:00 PM - 2:30 PM Jeralyn Montoya</td>
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**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!

**Circuit Burn & Strength**
This is a fast paced energizing circuit with stations carefully designed to deliver a total body knockout workout.

**Hatha Yoga & Morning Stretch**
Hatha yoga is practiced at a slower pace, with focus on the breath, controlled movements, and stretching.

**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.

**Balance Class**
Strengthening the ability to balance for all levels to help increase stability, reduce risk of falls and stay upright easier and more naturally.

**Agility Class**
Improving footwork to be quick and easy, increase ability to safely negotiate obstacles and improve reaction time.

**Monthly Challenge**
Rear in Gear Challenge
Get your rear in gear and do 45 squats a day to help raise awareness for Colon Cancer Awareness Month. Stop in the gym during the month of March to participate and earn a ticket for a prize drawing at the end of the month.

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