



łuq'aka'a ni'u March 2024 wellness activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Colorectal Cancer Awareness Month					1 7:45am Dawn Prayers	2 Alaska Native people should start colorectal cancer screening at age 40
3 Colonoscopy is screening to find and remove polyps in the colon	4 1-4pm Arts & Crafts	5 11am-1:30pm Diabetes Self-Management Class	6	7 Thirsty Thurs.	8 10am-4pm Native Arts & Crafts Sale	9
10 Avoid alcohol and tobacco to reduce risk for cancer	11 1-4pm Arts & Crafts	12 11am-1:30pm Diabetes Self-Management Class	13	14 1-3pm Seed paper/card Workshop at the Greenhouses	15 10am-2pm Health Fair in DWC Gathering Space	16 Limit sugary drinks to help maintain a healthy weight
17 High fiber foods, fruits and vegetables are good for colon health	18 1-4pm Arts & Crafts	19 Tasty Tues. 11am-1:30pm Diabetes Self-Management Class	20	21	22	23
24/31 Know your family history of colorectal cancer	25 1-4pm Arts & Crafts	26 11am-1:30pm Diabetes Self-Management Class	27	28 1-3pm Arts & Snacks activity at the greenhouses - "How small can you Van Gogh"	29	30 Coming in April resources for living well!
		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!				

łuq'aka'a ni'u king salmon month



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

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM - 8:45 AM	Hatha Yoga & Morning Stretch 8:00 AM - 8:45 AM Danielle Hughes	7:15 AM - 8:00 AM Circuit Burn & Strength 7:15 AM - 8:00 AM Danielle Hughes		Circuit Burn & Strength 7:15 AM - 8:00 AM Danielle Hughes	
11:00 AM - 11:30 AM		Circuit Works 11:00 AM - 11:30 AM Jeralyn Montoya	Circuit Works 11:00 AM - 11:30 AM Jeralyn Montoya		
12:00 PM - 12:30 PM	Back, Booty, & Core Express 12:00 PM - 12:30 PM Danielle Hughes		12:00 PM - 12:45 PM Back, Booty, & Core 12:00 PM - 12:45 PM Danielle Hughes		Yoga Flow 12:00 PM - 12:45 PM Danielle Hughes
5:00 PM - 5:30 PM	Balance Class 5:00 PM - 5:30 PM Jeralyn Montoya	2:00 PM - 2:30 PM Agility Class 2:00 PM - 2:30 PM Jeralyn Montoya		Balance Class 2:00 PM - 2:30 PM Jeralyn Montoya	5:00 PM - 5:30 PM Agility Class 5:00 PM - 5:30 PM Jeralyn Montoya

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

