



**Navajo
Special Diabetes
Program**

SEPTEMBER

Calendar 2025

**T'is Ts'ozí Wellness
Center
Crownpoint Service Area**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 Wellness Center CLOSED Labor Day	2 9:00AM-10:00AM Glow w/ the Flow GROUP EXERCISE <ul style="list-style-type: none"> • 1:00PM-2:00PM CLOSED • 2:00PM-5:00PM OPEN 	3 <ul style="list-style-type: none"> • 8:00AM-1:00PM OPEN • 1:00PM-2:00PM CLOSED • 2:00PM-5:00PM OPEN 	4 9:00AM-10:00AM Heart Health Hustle GROUP EXERCISE <ul style="list-style-type: none"> • 1:00PM-3:00PM CLOSED for Cleaning • 2:00PM-5:00PM OPEN 	5 <ul style="list-style-type: none"> • 8:00AM-1:00PM OPEN • 1:00PM-5:00PM CLOSED 	
8 9 AM-10 AM / 12 PM- 1 PM / 4 PM-5 PM The Core of It All: Core Connection EDUCATION CLASS <ul style="list-style-type: none"> • 1:00PM-3:00PM CLOSED for Cleaning • 2:00PM-5:00PM OPEN 	9 9:00AM-10:00AM Glow w/ the Flow GROUP EXERCISE <ul style="list-style-type: none"> • 1:00PM-2:00PM CLOSED • 2:00PM-5:00PM OPEN 	10 9 AM-10 AM / 12 PM- 1 PM / 4 PM-5 PM Core in Action GROUP EXERCISE <ul style="list-style-type: none"> • 1:00PM-2:00PM CLOSED • 2:00PM-5:00PM OPEN 	11 9:00AM-10:00AM Heart Health Hustle GROUP EXERCISE <ul style="list-style-type: none"> • 1:00PM-3:00PM CLOSED for Cleaning • 2:00PM-5:00PM OPEN 	12 <ul style="list-style-type: none"> • 8:00AM-1:00PM OPEN • 1:00PM-5:00PM CLOSED 	
15 9 AM-10 AM / 12 PM- 1 PM / 4 PM-5 PM The Core of It All: Power of Posture EDUCATION CLASS <ul style="list-style-type: none"> • 1:00PM-3:00PM CLOSED for Cleaning • 2:00PM-5:00PM OPEN 	16 <ul style="list-style-type: none"> • 8:00AM-1:00PM OPEN • 1:00PM-2:00PM CLOSED • 2:00PM-5:00PM OPEN 	17 <ul style="list-style-type: none"> • 8:00AM-1:00PM OPEN • 1:00PM-2:00PM CLOSED • 2:00PM-5:00PM OPEN 	18 <ul style="list-style-type: none"> • 8:00AM-1:00PM OPEN • 1:00PM-3:00PM CLOSED for Cleaning • 2:00PM-5:00PM OPEN 	19 <ul style="list-style-type: none"> • 8:00AM-1:00PM OPEN • 1:00PM-5:00PM CLOSED 	
22 9 AM-10 AM / 12 PM- 1 PM / 4 PM-5 PM The Core of It All: Dynamic Balance EDUCATION CLASS <ul style="list-style-type: none"> • 1:00PM-3:00PM CLOSED for Cleaning • 2:00PM-5:00PM OPEN 	23 <ul style="list-style-type: none"> • 8:00AM-1:00PM OPEN • 1:00PM-2:00PM CLOSED • 2:00PM-5:00PM OPEN 	24 9 AM-10 AM / 12 PM- 1 PM / 4 PM-5 PM Core in Action GROUP EXERCISE <ul style="list-style-type: none"> • 1:00PM-2:00PM CLOSED • 2:00PM-5:00PM OPEN 	25 9:00AM-10:00AM Heart Health Hustle GROUP EXERCISE <ul style="list-style-type: none"> • 1:00PM-3:00PM CLOSED for Cleaning • 2:00PM-5:00PM OPEN 	26 8 AM-9 AM & 12 PM- 1 PM Portions w/ Purpose: Traditional Navajo Foods FOOD DEMO <ul style="list-style-type: none"> • 1:00PM-5:00PM CLOSED 	
29 <ul style="list-style-type: none"> • 8:00AM-1:00PM OPEN • 1:00PM-3:00PM CLOSED for Cleaning • 2:00PM-5:00PM OPEN 	30 9:00AM-10:00AM Glow w/ the Flow GROUP EXERCISE <ul style="list-style-type: none"> • 1:00PM-2:00PM CLOSED • 2:00PM-5:00PM OPEN 				<div style="border: 1px solid black; padding: 5px;"> <p>DISCLAIMER: The Navajo Nation Special Diabetes Program is not responsible for any loss resulting from accidents, theft, bodily injury, or damage to property. Please note that these events is subject to change due to unforeseen circumstances.</p> </div>

**CALENDAR
SUBJECT TO
CHANGE.**

PROGRAM DESCRIPTION

BUSINESS HOURS

Monday - Thursday

8:00AM to 5:00PM

CLOSED

1:00PM to 2:00PM

Friday

8:00AM to 1:00PM

Cardio/Strength Room & Exercise Room

(Limited Services - 10 people)

Monday - Thursday:

8:00AM - 5:00PM

Friday: 8:00AM-1:00PM

Health Education

(Limited Services - 20 people)

Tuesdays, Wednesdays,

Thursdays

Group Exercise

(Limited Services - 10 people)

Tuesdays, Thursdays

New Intakes

(Time Slots - 1 hour)

Monday - Thursday

2:00PM - 5:00PM

***HOURS will VARY based on scheduled events.**

CONTACT US :

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- **Strength and Cardio Room:** A space equipped with cardio and stationary machines specifically designed to address and improve endurance, strength, balance, and flexibility.
- **Exercise Room:** A space specifically designated for exercise, fitness training, and physical wellness activities.
- **Personal Training:** To assist with fitness and health goals by creating a sense of mutual accountability for following fitness plans to improve muscular strength and endurance, cardiovascular endurance, flexibility, and body composition.
- **Fitness Assessment:** Understanding a participant's current fitness level can help evaluate their overall health and develop fitness/health goals. Participants will perform a 10-minute run/walk, 30-second push-up, 1-minute curl up, and sit/reach test. This assessment will be conducted each month to track progress for muscular strength and endurance, cardiovascular endurance, and flexibility for a positive program outcome.
- **Group Exercise:** To offer a fun, social, and energizing way to stay active while supporting your overall wellness through movement, connection, and community.

National Childhood Obesity Awareness Month



Ya'at'eeh,

Happy September! We hope your healthy lifestyle journey is treating you well!

The health observance for this month is **National Childhood Obesity Awareness Month.**

According to U.S. Centers for Disease and Control and Prevention, 1 in 5 American children are diagnosed with obesity. Children with obesity put themselves at higher risk for health conditions; type 2 diabetes, heart disease, cancer, etc.

Here are some easy tips to raise awareness for Childhood Obesity:

1. **Introduce Healthy Eating Habits.** As children develop growth, it's good practice to introduce healthy eating. It does not need to be a strict diet, but it can be simple. Include more fruits/vegetables to meals, teach them portion size, and limit the processed foods.
2. **Limit Screen Time.** We all live in a technology world these days, but we have to remember we are responsible for our bodies. Limiting screen time by putting down handheld technology allows us to physically move more. The more we are active, the more we improve physical activity. Also, limiting screens help rest our eyes.

We hope these tips are helpful for you all! Childhood Obesity has been growing quickly in the US and on the Navajo reservation. Although this may sound concerning, there is still a lot of time to make change. Change that should happen in a positive way. Together, let's make change in a Healthy Lifestyle.

And of course, **SHARE** the information. 😊

As always,
NSDP Crownpoint



BE ACTIVE. BE HEALTHY. PREVENT DIABETES.