

Healthy Living Workshops



Learn How to Take Control and Manage Your Health

Do you have
Arthritis, Diabetes,
Heart Disease,
Cancer, COPD,
Chronic Pain,
Depression or any
Other Ongoing
Health Conditions?

The Healthy Living Workshops can teach you the skills you need to manage your conditions and get your life back!

Proven practices based on an ongoing series of studies conducted at Stanford University School of Medicine.

Also offered, 6-weeks of access to the NACA Wellness Center at NO COST!!

The Next Upcoming Workshop: | To Register or For More Information, Contact:

September 30th to November 4th
Meet Every Friday from 11:00am - 1:30pm
in the NACA Wellness Center Classroom

NACA Family Health and Wellness Center
Tenillya Cody (928) 773-1245 ext. 229
Space is limited, No Cost to Attend



Native Americans for Community Action, Inc.
Family Health and Wellness Center
1500 E Cedar Ave Ste. 52, Flagstaff AZ



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Live your life.

