



# NACA

Native Americans for Community Action, Inc.

## HEALTH PROMOTION

Proudly announces.....

# Lasting Indigenous Family Enrichment Program

## L.I.F.E. PROGRAM

For Girls & Boys

Ages 9 -14 or 5-8th Grade

&

Their parents or adult family member

CLASSES START PROMPTLY AT 6:00 P.M.

Now thru April 30, 2019

Every Tuesday evening, 6-8 pm, except Holidays

### YOUTH PROGRAM:

Session I – Powwow Sweat & Super Hero Nutrition - 7 classes

Session II – Regalia Sewing - 10 classes

Session III – Regalia Beadwork - 12 classes

Session IV – Moccasins - 12 classes

Program concludes with “WELCOMING INTO THE CIRCLE”  
@ the Flagstaff Community Wellness & Healing powwow.

### ADULT PROGRAM:

Session I – Lifestyle Balance Class

Session II – Living Lean Class

Session III – After Core Program

After each adult session, parents rejoin youth group.

Adult participants will receive NACA Wellness Center membership throughout the L.I.F.E. program.



**Accepting  
New participants**

**Every Tuesday @ 6:00 pm**

**Puente De Hozho  
School Gym**

**3401 N Fourth St, Flagstaff**

*In Collaboration  
with Puente De Hohzo School*

**Contact: Carrie Dallas (928) 526-2968 ext. 165 or [cdallas@nacainc.org](mailto:cdallas@nacainc.org)**

L.I.F.E. Program is funded by the Center for Disease Control, Tribal Practices for Wellness in Indian Country Grant. Its purpose is to increase tribal practices that strengthen physical and mental health, wellbeing, tribal identity, and connection to culture to better support health and wellness to reduce Chronic Diseases .