


# benen tak'e'ushi December 2024 wellness activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sexually Transmitted Disease Awareness Month	2 1-4pm Arts & Crafts	3	4	5	6 7:45am Dawn Prayers	7 1-3pm Arts & Snacks at the Greenhouse
8 Flu Prevention & Handwashing National Awareness Week	9 12-3pm Making-It-Monday	10 10am-2pm Health Promotion in Lobby	11 1-2pm Holiday Food Workshop	12 Thirsty Thurs.	13	14 Do you know your sexual health status?
15 Have you had your flu shot?	16 1-4pm Arts & Crafts	17	18 12-2pm Wildcrafting Wednesday	19	20 10am-4pm Arts & Crafts Sale	21 Talk to your healthcare provider about the HPV vaccine
22 Have you been tested for HIV?	23 1-4pm Arts & Crafts	24 25 <b>Closed for Christmas Holiday</b>		26	27	28 <b>Coming January Dental and Tobacco Cessation Awareness</b>
29 IKnowMine.org	30 1-4pm Arts & Crafts	31 12-1pm Nicotine Support Group 1-2pm Breathe Free Coalition	1 <b>Closed for New Years' Holiday</b>	Traditional Dena'ina called the winter solstice ni'i'jaghidaq, roughly meaning "a time when things are divided." The divide, of course, is between the days getting shorter and the days beginning to lengthen.		
		<b>Gym classes are open to: Un'ina, Kenaitze Employees, and Buddy Participants</b> Gym: Mon - Fri 6:30am - 6:30 pm ~ No appt needed for orientation Greenhouses now open! Our hours are Monday - Friday 10AM-3PM at end of Ames Rd.				
						

Benen tak'e'ushi month of solstice



## Sexually Transmitted Disease Awareness

Free resources and information at [IKnowMine.org](http://IKnowMine.org)



Smoke luq'a not tobacco!  
What are your wellness goals for 2024?

# FITNESS CLASSES DECEMBER 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM - 8:45 AM	<b>Hatha Yoga &amp; Morning Stretch</b> 8:00 AM - 8:45 AM				
10:00 AM - 11:00 AM			<b>Walking Club</b> 10:00 - 11:00 AM		<b>Walking Club</b> 10:00 - 11:00 AM
11:00 AM - 11:30 AM		<b>Circuit Works</b> 11:00 AM - 11:30 AM		<b>Circuit Works</b> 11:00 AM - 11:30 AM	
12:00 PM - 12:30 PM	<b>Back, Booty, &amp; Core Express</b> 12:00 PM - 12:30 PM		<b>Back, Booty, &amp; Core Express</b> 12:00 PM - 12:30 PM	1:00 PM - 1:45 PM	<b>Hatha Yoga &amp; Stretch</b> 1:00 PM - 1:45 PM

### 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!

### Hatha Yoga & Stretch

Hatha yoga is practiced at a slower pace, with focus on the breath, controlled movements, and stretching.

### Walking Club

Join us for walks around Old Town Kenai, to the beach, and on local trails. Sign up in advance.

## Monthly Challenge 12 Days of Fitmas

The 12 Days of Fitmas begin on Dec. 5 in the Dena'ina Wellness Center Gym. Complete the workout of the day, along with the workouts from all days prior. Receive a ticket each day you participate. Earn an extra ticket by wearing festive gear such as a holiday T-shirt or elf hat.



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