

# YA'AT'EEH Newsletter

Hai | Winter 2023/24



## Join the Fight to Defeat STIs: Drop the Stigma

By: **Tyree Honani**, Communication Specialist &  
**Shermaine Leonard**, Infectious Disease Intervention Specialist

The rate of Sexually Transmitted Infections (STIs) in the United States has been on the increase, not only do those rates extend within Arizona, but here within the Navajo Nation, the rise in STIs has increased significantly.

To better serve our communities Winslow Indian Health Care Center is in the beginning stages of a campaign to raise awareness and combat the STI epidemic within our Service Area.

### What is an STI?

Sexually transmitted infections (STI) or Sexually transmitted diseases (STD) are infections or conditions that can be contracted after any kind of sexual activity. There are different types of STIs and symptoms may vary. These common symptoms may include:

- burning
- itching
- discharge in genital area
- Notable symptoms (i.e Lesions, rash, hair loss, etc.)

Some STIs are asymptomatic or you may not show any symptoms.

You may be familiar with some common STIs: Chlamydia,  
\*Continued on next page



Syphilis, Gonorrhea, Herpes, Hepatitis B, Genital Warts, and HIV. Each of these requiring different treatment options.

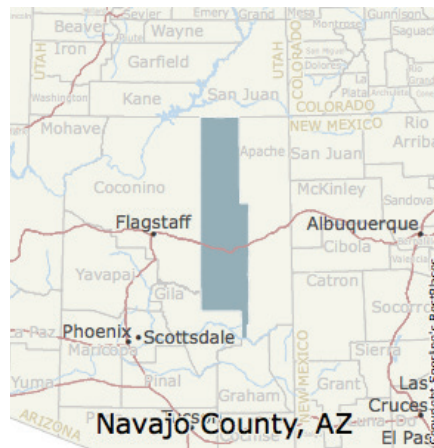
## Why is this important?

STIs are highly transmissible, meaning they are easily spread. Because of the high transmission rates, STIs are known as a “silent epidemic”, due to many cases going undiagnosed or undetected.

Untreated STIs can have long-lasting effects on your life. If untreated, STIs can lead to serious illnesses related to neurological effects, infertility, ectopic pregnancies, stillbirths, increased risk of HIV (Human Immunodeficiency Virus), and more.

STIs are spread mainly by unprotected sexual contact or activity. This includes sexual contact of the vagina, penis, anus, and/or mouth. Some STIs can also be transmitted during pregnancy, childbirth, and breast feeding to the child through infected blood or blood products. However, you can still get an STI if you come in contact with items that have somebody else blood on it. Examples include: Sharing needles, unregulated tattoos, unregulated piercings, etc.

*“If you are sexually active, you can have an STI and pass it on without even knowing it.”*



According to *Navajo County's 2023 Community Health Assessment*, STI's in Navajo County have some of the highest reportable cases or incidences in 2022. In the state of Arizona, there were 822.7 cases per 100,000 people; in *Navajo County* this number is **990.1 cases** per 100,000 people. With the highest cases being in the **20-24 year old age range**. However, age ranges from 15-19, 25-29, and 30-34 trailed not too far behind.

### Resources

[https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-\(stis\)#:~:text=Eight%20pathogens%20are%20linked%20to,and%20human%20papillomavirus%20\(HPV\).](https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-(stis)#:~:text=Eight%20pathogens%20are%20linked%20to,and%20human%20papillomavirus%20(HPV).)  
<https://medlineplus.gov/sexuallytransmitteddiseases.html>  
<https://my.clevelandclinic.org/health/diseases/9138-sexually-transmitted-diseases--infections-stds--stis>

## Dropping the Stigma

The lack of communication and education on STIs is one reason why there is an increase of infections. The stigma around STIs can be described as the shame it may bring whether it is due to cultural, religious, or societal beliefs. Avoiding discussions around sex and STIs or not understanding that they are common and treatable, impacts the health of many people of all ages.

This is why Winslow Indian Health Care Center has initiated a campaign that engages community members, fights the stigma around STIs, educates, and promotes the community to guide the campaign. WIHCC aims to encourage conversation relating to STIs. We are calling upon our community to participate to assist in efforts to engage with the community and improve much needed services regarding STIs.

**Are you willing to participate in Winslow Indian Health Care Center's Community Core Group?**

- WIHCC aims to encourage conversations relating to Sexually Transmitted Infections including Chlamydia, Gonorrhea, and Syphilis.
- Your participation would assist us in our efforts to engage with the community and improve much needed services to alleviate Sexually Transmitted Infections across Winslow Service area.
- **The Group will meet monthly for 6 months.**



**TO JOIN the STI Core Group**

### Contact:

Shermaine Leonard, Infectious Disease Intervention Specialist  
**928-613-6130** or [shermaine.leonard@wihcc.org](mailto:shermaine.leonard@wihcc.org)

**YOUR PARTICIPATION COULD BENEFIT THE HEALTH OF YOUR COMMUNITY!**

**A GREAT OPPORTUNITY FOR STUDENTS & YOUNG ADULTS TO GAIN PUBLIC HEALTH EXPERIENCE!**

**YOUR VOICE MATTERS!**

WIHCC Nutrition Program

# Welcome Bree!



Meet our newest  
Registered Dietitian,  
Brianna Saville!

Bree Saville graduated from Point Loma Nazarene University in 2016, with a Bachelor of Science in Applied Health Science. After finishing her undergraduate degree, Bree spent four years working as an Emergency Medical Technician in San Diego, CA. Her experiences responding to health emergencies inspired her to become a Registered Dietitian (RD) so that she could educate patients on prevention and management of chronic disease through nutrition. Bree achieved her goal of becoming an RD in 2023 after completing her master's of Public Health in Nutrition at Northern Arizona University. She looks forward to education pediatric and adult patients on balanced and sustainable health behaviors. In her free time, Bree enjoys lifting weights, playing board games with friends, and getting lost in a good book!

# FOOD DISTRIBUTION

Monthly Food Distribution Dates:



**JANUARY**  
**11TH & 25TH**



**WIHCC**  
**500 N INDIANA AVE**  
**WINSLOW, AZ**



**2:00PM - 3:30PM**  
**(No food will be distributed past 3:30PM)**



**WIHCC PATIENTS &  
BENEFICIARIES  
WELCOME!**





# RSV SEASON IS HERE! THERE IS A NEW RSV “SHOT” FOR BABIES: WHAT PARENTS/GUARDIANS NEED TO KNOW!

by Dr. Dorvil Datcha DO,MPH ; Dr. Julia Eskuchen MD ; Dr. Sage White MD



## What is RSV?

Respiratory syncytial virus, also known as RSV, is a highly contagious virus that can make people of all ages sick. It usually causes common cold symptoms. But for babies and young children with certain medical diseases, it can be life-threatening.

## When is RSV season?

RSV season usually starts in October and peaks in February/March. Sometimes this can vary depending on the year.

## What are symptoms of RSV?

Babies/children with RSV might have cold symptoms, such as:

- Stuffy or runny nose
- Fever
- Cough
- Sore throat
- Not eating or drinking well
- General ill feeling/Fussy
- Rapid breathing

## Why can RSV be dangerous?

Sometimes, an RSV infection can be severe and require a hospital stay, especially in premature babies, babies less than 1 year old, or kids that have heart disease or lung diseases, such as asthma.

RSV can cause severe symptoms including:

- Fast breathing
- Bronchiolitis- infection of the tiny airways in the lungs called bronchioles
- Pneumonia- infection of the air sacs in the lung
- Severe Dehydration

Each year in the United States, there are around 50,000-80,000 children under the age of 5 who are hospitalized due to severe RSV infection. In babies under 1 year old, RSV is the MOST COMMON CAUSE of hospitalization. Sadly, about 100-300 young children die each year due to

RSV. A NEW IMMUNE-BOOSTING THERAPY OR “RSV SHOT” MAY HELP MAKE A DIFFERENCE IN THIS RSV SEASON!



## What is the “RSV shot”?

The “RSV shot” for babies is called Nirsevimab (brand name Beyfortus). This is not a vaccine but an antibody injection that provides protection from RSV that lasts for about 5-6 months. It can

decrease a baby’s chance of getting severe disease from RSV by 80%.

## How is the “RSV shot” (Nirsevimab) different from a vaccine?

- Vaccines help the body make antibodies that help protect against an infection.
- This “RSV shot” works by giving the antibodies directly and can last for the whole RSV season.

## Which infants are highly recommended to get the “RSV shot” (Nirsevimab) at WIHCC/DMC:

- Nirsevimab is recommended for infants younger than 8 months old during the RSV season, which is October through the end of March. It can be given with your baby’s routine vaccines that are given during the well child checks.
- Infants and children who are 8 through 19 months with high-risk medical conditions like heart/lung diseases or other chronic conditions.

Because Nirsevimab is brand new across the country, there may be times that there are shortages. However, you can talk with your child’s primary care provider to see if your child is eligible during this RSV season. If your baby qualifies, Nirsevimab will be offered during your baby’s routine well child exam or office visit.

## What are side effects?

Side effects were not common when Nirsevimab was studied in trials. There are less side effects from Nirsevimab than from the routine childhood vaccines. The most common reactions after Nirsevimab were pain, redness, swelling where the injection was given, and a rash.

There is also a RSV vaccine for pregnant woman and elderly people, and you can contact you provider or nurse to see if you are eligible.

# Get your FLU & COVID-19 Vaccines!

Winslow Indian Health Care Center & Dilkon Medical Center will be having multiple Flu & COVID-19 Vaccine Clinics within the community. Follow us on **Facebook** or give us a call at **928-289-4646** for the most updated Vaccine Clinic schedule.

**WIHCC**  
**928-289-4646**

**DMC**  
**928-657-1000**

 **WIHCC**

**Everyone 6 month & older needs a flu vaccine EVERY YEAR to protect yourself & your loved ones from getting sick with the flu.**

*Annual Flu vaccines helps to reduce:*

1. *Illness from Flu*
2. *Flu Symptoms*
3. *Flu-related complications*

**Can you get the flu from the flu vaccine?**

*A: No. Flu vaccines are made from the inactivated or weakened virus. The flu vaccines do not contain viruses that are able to reproduce and make you sick.*

**Why do i feel sick after my flu shot?**

*A: Some people may experience redness and swelling at the site of the vaccine injection. Fever, headache, and/or muscle aches are signs that your body is responding to the vaccine. These are just side effects of the vaccine. These should not be confused with an actual flu virus infection.*

*Resources: <https://www.cdc.gov/flu/prevent/how-fluvaccine-made.htm>*

# Get To Know Your Provider at WIHCC & DMC!



## Michelle Tom, DO, MPH Deputy Chief Medical Officer

- 🔸 Zuni Edgewater
- 🔸 Born for Salt Clan
- 🔸 Maternal Grandfather is Bitter Water Clan
- 🔸 Paternal Grandfather is Black Streak Wood

Dr. Michelle Tom has been a physician here at WIHCC for 5 years. She has recently achieved a new title, Deputy Chief Medical Officer here at Winslow Indian Health Care Center & Dilkon Medical Center. Dr. Tom was able to give some insights on her new position, her personal philosophies, and some Dr. Tom fun fact.

### Q: What was your previous position?

A: Family Medicine Physician.

### Q: How are you adjusting to your new position?

A: It is a readjustment of time. Patients are my priority but there are administrative issues that are emergent and when they come up, it's when I'm with patients smack in the middle of the day. Ha! Overall, I'm loving it so far.

### Q: What are your goals for your new position?

A: I've always wanted to have make a positive impact in the healthcare of our Dine people and community. Now I have a part in making that happen. I want the best for our people and that's all I'll strive for.

### Q: What has been a highlight of your new position since starting?

A: Having the support from my colleagues, patients, medical staff, and honestly, someone from each department. We really are a family here and we all want the best for our patients and community. We are unified in supporting one another to fulfill DMC/WIHC's values and mission.

### Q: What might (someone) be surprised to know about you?

A: I once ate a fried grasshopper while I traveled Thailand. Crunchy!

### Q: What do you like to do outside of work?

A: Travel near and far. I love learning about other cultures, customs, and interests. It's never ending and I'm here for it.

### Q: What are your stress relievers?

A: Brunch! I love to eat. Also any outdoor events. Mother Nature is amazing. I'm a sports nut, so honestly, any sporting event.

### Q: What is your personal philosophy?

A: You are your own biggest obstacle but also your own motivator. Decide which side of you will win.

### Q: What motivates you to accomplish your goals, ambitions, and dreams?

A: I truly believe this is my calling. In our Dine belief system, we must find balance in ourselves, help others to find balance, and grow and support your community. I grew up in ceremony, remember the teachings of my medicine people, the words in songs, and stories in prayers. All these things are one, I only want to be part of that and resonate that outward as well.

### Q: What would you tell someone who is thinking about becoming a medical doctor? Or wanting to work in the medical field?

Ask yourself if you see yourself doing anything else and if the answer is no, then push and fight for it. If it is truly your calling, you will get up every time you fall,



fail an exam, told you can't do it, feel like you have nothing left. It will be the hardest thing you will ever do. No one will ever understand your struggle unless they have become a physician as well. The path is 8 years or more of your life in which you will sacrifice family time, personal relationships, birthdays/celebrations, holidays and money. It is demanding, stressful, tests your spirituality, and even your sanity. Although, you are paid well as a physician, there is immense debt and loans that must be repaid for the first decade or two when you finish training. So, please, don't do it for the money. I truly love what I do and I feel blessed I have the opportunity to help patients. It has been the most rewarding gift to help our people and community.

**Q: Favorite Foods?** Mom's food, Fiance's food, and Asian Food.

**Q: Favorite music?** I'm a 90's hip hop baby! Also 90's country, jazz, neo-soul, Afro beats, traditional drums/songs.

**Q: Favorite movie?** Lion King, Love and Basketball, Smoke Signals, Avatar, so many!

**Q: Favorite place in the world?** In mom's and dad's embrace.

**Q: Favorite sports?** Men or women's college basketball, college football, then we head into professionals.



**NAVAJO BINGO**  
 ORGANIZED BY THE NAVAJO TRADITIONAL MEDICINE PROGRAM

**DMC**

*Dilkon Medical Center,  
 Wellness Waiting Area  
 11 AM - 12 PM (MST)*

- Friday, January 5, 2024
- Friday, February 2, 2024
- Friday, March 1, 2024

**WIHCC**

*Winslow Facility,  
 Medical Office Building  
 11 AM - 12 PM (MST)*

- Friday, January 19, 2024
- Friday, February 16, 2024
- Friday, March 15, 2024

PRIZES FOR WINNERS • OPEN TO PUBLIC • DINÉ BIZAAD BEH • LED BY THOMAS EDISON YAZZIE  
 FOR FURTHER INFORMATION, CALL 928-288-9208 OR 928-657-1073

**WINSLOW INDIAN HEALTH CARE CENTER  
 NAVAJO TRADITIONAL MEDICINE PROGRAM  
 VIRTUAL "LUNCH & LEARN"**



**Join Traditional Practitioner,  
 Thomas Edison Yazzie,  
 for a 1-hour story time.**

1. October 18, 2023 - Navajo New Year, the Emergence Story, & Enlightenment
2. November 1, 2023 - The Black World/First World: Beginning of Time, & the Natural Law
3. November 15, 2023 - The Blue World/Second World: Reptilians & Amphibians; the Traditional Law
4. November 29, 2023 - The Yellow World/Third World: the Separation of Male & Female; the Customary Law
5. \*December 13, 2023 - The White World/Fourth World: the Emergent & Common Law
6. \*December 20, 2023 - The Ground Breaker
7. January 10, 2024 - The Hogan Story
8. January 24, 2024 - The Shoe Game, the Attempt to Change the Natural Law
9. February 7, 2024 - Birth of White Shell Woman and Transformation to Changing Woman
10. February 21, 2024 - The Birth of the Twin Warriors & Journey to the Sun
11. March 6, 2024 - The Slaying of the Monsters
12. March 20, 2024 - White Shell/Changing Woman Returns to the West, Formation of the Clans
13. April 3, 2024 - The Return to the Promise Land & Migration
14. April 17, 2024 - The Current Times



Thomas Edison Yazzie éi  
 Nát'oh Diné'e Táchii'nii  
 níí. Tábaáhi yáshchíin,  
 Tlááshchí'í dabicheii dóó  
 Kinyaa'aanii dabináí.

- 11 AM - 12 PM (MST)
- OCT 18, 2023 - APRIL 17, 2024
- EVERY OTHER WEDNESDAY
- 1-HOUR ZOOM MEETINGS
- STORYTELLING IN NAVAJO

**ZOOM WEBINAR**  
 For further information, call:  
 928-288-9208,  
 928-657-1073



Scan to Register



## **Julia Eskuchen, MD, IBCLC** Pediatrician, International Board-Certified Lactation Consultant

I am a transplant to Arizona as I am originally from the east coast. I was born and raised in Maryland and went to University of Maryland for undergraduate education and medical school (Go Terps!). I then trained as a pediatric resident physician in Philadelphia and have been practicing as a board-certified pediatrician since 2009.

My husband and I developed wanderlust to move out west to better fulfill our love of nature and open spaces, so we moved to AZ in 2012 and have found we are much at home here.

After I started having children, I realized how difficult breastfeeding could be, so I developed an interest in breastfeeding education and became a Certified Lactation Counselor in 2015, and then continued special training to become an IBCLC (International Board-Certified Lactation Consultant) in 2016.

### **Q: What was your previous position?**

A: Pediatrician at North Country HealthCare in Flagstaff for 10.5 years

### **Q: How are you adjusting to your new position?**

I am still getting used to new names and faces but the staff here have made it easy by being so friendly and welcoming!

### **Q: What are your goals for your new position?**

I aim to work with families to meet them where they are at to help them achieve their wellness goals. I also hope to streamline how pediatric appointments are performed in all clinics so that all providers are providing great pediatric care.

### **Q: What has been a highlight of your new position since starting?**

I have very much enjoyed learning more about Native American cultures since I started working here. I feel grateful for this position but also gratified, since it seems I have fulfilled a need on this part of the reservation being the first pediatric focused physician working for WIHCC.

### **Q: What might (someone) be surprised to know about you?**

I surprised many of my friends and family by joining the Air Force while I was a resident physician. I served in the USAF for a little over 3 years before I moved to Flagstaff.

### **Q: What do you like to do outside of work?**

I have always enjoyed physical activity since I was a child, so I use that and time outdoors to decompress. Activities I enjoy include running, hiking, swimming, yoga, biking, and dancing. I try to include my children with these activities when I can. I also enjoy reading and spending time crafting.

### **Q: What would you tell someone who is thinking about becoming a medical doctor? Or wanting to work in the medical field?**

Read daily, do your best at school, and try to volunteer in some capacity. It's great if you can shadow someone in the field to help see if it truly interests you.

### **Q: What is your personal philosophy?**

I try to remember this quote by Mother Teresa: "Never worry about numbers. Help one person at a time and always start with the person nearest you."

### **Q: Favorite Foods?** Vegetarian Italian Foods

### **Q: Favorite music?** Depends on the day, I like almost all types of music.

### **Q: Favorite Book?** The Magician's Library

### **Q: Favorite place in the world?** Anywhere my family is, especially if its warm.

### **Q: Favorite sports?** I enjoy watching the Olympics. I'm not big into professional sports though I should say I'm a Philadelphia Eagles fan (by marriage).



# 2024

HAPPY  
NEW  
YEAR

A lot of us like that the New Year feels like new beginnings and think of it starting as a clean slate. A lot of us like to set goals for this new year. Although, New Year's resolutions may be infamous for encouraging unrealistic goals and placing pressures and stress, they can be great starting points for us weather its for our career, health, and/or financial wise. It's ideal to set realistic and attainable goals for your resolution(s). Starting small is an obtainable way to start so that you can start adapting to routines and habits.

Here at the Hozhoogo Iina Wellness Center we would like to encourage you to become active this year! We offer a variety of ways for you to be active and consistent on your fitness journey. We offer group fitness classes, wellness centers at WIHCC & DMC, and various community fitness activities (JMI, Waddle Wednesday's, KOMI, etc.) Join us and get more active with us this new year!

See below for January 2024 Group Fitness Calendar!



**DIVISION OF COMMUNITY HEALTH SERVICES**  
**HÓZHÓÓGO IINÁ WELLNESS PROGRAM**  
**JANUARY 2024 - GROUP FITNESS CALENDAR**



List your New Year's Resolutions here!  
It's never to late to begin!

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| 1<br><i>New Year's Day</i><br><i>HIWC Closed</i>   | 2<br>12:15 PM - 12:45 PM<br>Step with Terri   | 3<br>7:30 AM - 8:00 AM<br><i>(weather permitting)</i><br>Waddle Wednesday @ WIHCC<br>Walking Trail<br>11:30 AM - 12:00 PM<br>PHA Training with Maurice<br>12:15 PM - 12:45 PM<br>Zumba with Terri                                       | 4<br>6:15 AM - 7:00 AM<br>Cross Training with Quentin<br><i>(Limited to 10)</i><br>11:30 AM - 12:00 PM<br>PHA Training with Maurice<br>12:15 PM - 12:45 PM<br>TRX with Terri   | 5<br>11:30 AM - 12:00 PM<br>PHA Training with Maurice<br>12:15 PM - 12:45 PM<br>Step with Terri  |
| 8<br>6:15 AM - 7:00 AM<br>Ultimate Workout with Cody<br>11:30 AM - 12:00 PM<br>Step with Terri<br>12:15 PM - 12:45 PM<br>PHA Training with Maurice | 9<br>6:15 AM - 7:00 AM<br>Cross Training with Quentin<br><i>(Limited to 10)</i><br>11:30 AM - 12:00 PM<br>Zumba with Terri<br>12:15 PM - 12:45 PM<br>PHA Training with Maurice  | 10<br>7:30 AM - 8:00 AM<br><i>(weather permitting)</i><br>Waddle Wednesday @ WIHCC Walking<br>Trail<br>11:30 AM - 12:00 PM<br>Step with Terri<br>12:15 PM - 12:45 PM<br>PHA Training with Maurice                                       | 11<br>6:15 AM - 7:00 AM<br>Cross Training with Quentin<br><i>(Limited to 10)</i><br>11:30 AM - 12:00 PM<br>TRX with Terri  | 12<br>11:30 AM - 12:00 PM<br>Step with Terri   |
| 15<br><br>We will be<br><b>CLOSED</b><br>on<br>MARTIN LUTHER<br>KING DAY   | 16<br>6:15 AM - 7:00 AM<br>Cross Training with Quentin<br><i>(Limited to 10)</i><br>12:15 PM - 12:45 PM<br>Step with Terri  | 17<br>7:30 AM - 8:00 AM<br><i>(weather permitting)</i><br>Waddle Wednesday @ WIHCC Walking<br>Trail<br>11:30 AM - 12:00 PM<br>PHA Training with Maurice<br>12:15 PM - 12:45 PM<br>Zumba with Terri                                      | 18<br>6:15 AM - 7:00 AM<br>Cross Training with Quentin<br><i>(Limited to 10)</i><br>11:30 AM - 12:00 PM<br>Tai Ji Quan with Marla<br>12:15 PM - 12:45 PM<br>TRX with Terri     | 19<br>11:30 AM - 12:00 PM<br>PHA Training with Maurice<br>12:15 PM - 12:45 PM<br>Step with Terri<br><br><i>Navajo Bingo @ WIHCC MOB<br/>Conference Room 11-12 PM</i> |
| 22<br>11:30 AM - 12:00 PM<br>Step with Terri   | 23<br>6:15 AM - 7:00 AM<br>Cross Training with Quentin<br><i>(Limited to 10)</i><br>11:30 AM - 12:00 PM<br>Zumba with Terri<br>12:15 PM - 12:45 PM<br>PHA Training with Maurice | 24<br>7:30 AM - 8:00 AM<br><i>(weather permitting)</i><br>Waddle Wednesday @ WIHCC Walking<br>Trail<br>11:30 AM - 12:00 PM<br>TRX with Terri  | 25<br>6:15 AM - 7:00 AM<br>Cross Training with Quentin<br><i>(Limited to 10)</i><br>11:30 AM - 12:00 PM<br>Step with Terri<br>12:15 PM - 12:45 PM<br>PHA Training with Maurice | 26<br>11:30 AM - 12:00 PM<br>Zumba with Terri<br>12:15 PM - 12:45 PM<br>PHA Training with Maurice  |
| 29<br>6:15 AM - 7:00 AM<br>Ultimate Workout with Cody<br>12:15 PM - 12:45 PM<br>Step with Terri  | 30<br>Cross Training with Quentin<br><i>(Limited to 10)</i><br>11:30 AM - 12:00 PM<br>Tai Ji Quan with Marla<br>12:15 PM - 12:45 PM<br>Zumba with Terri                         | 31<br>6:15 AM - 7:00 AM<br>TRX with Cody<br>7:30 AM - 8:00 AM<br><i>(weather permitting)</i><br>Waddle Wednesday @ WIHCC Walking<br>Trail<br>11:30 AM - 12:00 PM<br>PHA Training with Maurice<br>12:15 PM - 12:45 PM<br>Step with Terri | 1<br>11:30 AM - 12:00 PM<br>PHA Training with Maurice<br>12:15 PM - 12:45 PM<br>TRX with Terri   | 2<br>11:30 AM - 12:00 PM<br>PHA Training with Maurice<br>12:15 PM - 12:45 PM<br>Zumba with Terri   |

Updated 010224

- PARTICIPANTS ARE REQUIRED TO UPDATE THEIR WAIVERS BEFORE EXERCISING
- GYM IS LIMITED TO WIHCC STAFF & BENEFICIARIES
- MASKS OPTIONAL
- LIMITED TO 14 YEARS+

**HOURS OF OPERATION**  
**MONDAY-THURSDAY:**  
**6 AM - 7 PM**

**FRIDAY: 6 AM - 6 PM**

P: 928-289-8065

P: 928-289-9761

Email: hiwc@wihcc.org



**RESERVE  
YOUR CLASS  
ONLINE**

**OR  
DOWNLOAD  
THE MIND-  
BODY APP  
AND SEARCH  
FOR "WIHCC"**




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# NOW OPEN

## Dilkon Medical Center's Wellness Center



DMC's Wellness Center is now open to the community! Hours of operation is Monday-Friday, 11AM - 2PM. The wellness center is shared with the Physical Therapy Program and PT patients will have priority use of equipment. The age limit is 16 & over. 16-17 year olds will have to be accompanied by an adult. If you have any questions contact DMC Wellness at (928)657-1077 or hiwc@wihcc.org.

- Participants must complete a DMC Wellness Center waiver before using the gym.
- Those who wish to workout must check in at the Wellness Center Window. The Wellness Center is on the northeast first floor.
- COVID protocols are in effect, and masks are required while working out.
- If you feel sick or are coming off of sickness, please wait until you feel better to utilize the Wellness Center.

Please stop by the DMC Wellness Center to begin your paperwork. Our team is available 8 AM-5 PM, Monday-Friday.

## HOW MUCH PHYSICAL ACTIVITY DO ADULTS NEED?

*It is recommended at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous aerobic activity AND 2 days of muscle strengthening activity.*



*It is also important for heart health to get moderate or vigorous intense aerobic exercise. Get to know your target heart rate to help track the intensity of your activities!*

## TAKE A LOOK AT SOME OF OUR NEW EQUIPMENT!



## WHAT IF I'M JUST STARTING TO GET ACTIVE?

Don't sweat it! Everyone has to start somewhere. It is okay if you can't reach 150 minutes per week yet, you'll get there. Even if you have been sedentary or unactive for years, today you can begin to make that healthy change for yourself. Try setting a goal for yourself today, a reachable one. You can work up to the recommended amount and increase your time as you get stronger and increase stamina.

You can start by walking, its free and easy. If you think you can take a step up from walking, try brisk walking for a longer period or even jogging. Any amount of movement is better than none! You can break it up through out the day such as a quick 10 minute morning jog, lunch-time 10 minute walk, and an evening walk/jog.

If you have a chronic condition or disability, talk with your healthcare provider about what types and amounts of physical activity are right for you before making too many changes. But don't wait! Get started today by simply sitting less and moving more, whatever that looks like for you.

## "MOVE MORE, WITH MORE INTENSITY, AND SIT LESS."

Science has linked being inactive and sitting too much with being at higher risk for heart disease, type 2 diabetes, colon and lung cancers, and early death.

### THE BEST WINS OF BEING ACTIVE!

- Lower risk of heart disease, stroke, type 2 diabetes, high blood pressure, dementia and Alzheimer's, several types of cancer, and some complications of pregnancy
- Better sleep, including improvements in insomnia and obstructive sleep apnea
- Improved cognition, including memory, attention and processing speed
- Less weight gain, obesity and related chronic health conditions
- Better bone health and balance, with less risk of injury from falls
- Fewer symptoms of depression and anxiety
- Better quality of life and sense of overall well-being

## START YOUR FITNESS JOURNEY WITH US AT DMC WELLNESS!



#### SOURCES:

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>  
<https://www.cdc.gov/physicalactivity/basics/adults/index.htm>



# WE ARE HIRING!

  
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