



Bloom with Health this Spring

Warm Welcome to Kyra Theisen

Our New Community Outreach Program Specialist



We are excited to introduce Kyra Theisen as the newest addition to our team at Northern Arizona Healthcare's (NAH) Children's Health Center (CHC). Kyra joins us as a community outreach program specialist, bringing a wealth of experience and a strong commitment to community engagement.

Originally from Des Moines, Iowa, Kyra has been enjoying the beautiful landscape of Arizona for the past three years. Her dedication to helping families and children is clear in her work, and she will be your point of contact for scheduling appointments with our Inspire clinic team.

Outside of work, Kyra enjoys exploring Flagstaff's parks and trails and has a passion for dancing. Her commitment to her professional duties and personal interests truly reflects the values of our team.

We warmly welcome Kyra to our community and look forward to the positive impact she will have on the families we serve.

SPRING SEASON QUESTION

How many days a year does Flagstaff get sunshine?

Let us know your answer at your next appointment with the Inspire clinic team!

KYRA'S FAVORITE SPRING ACTIVITY

Kyra loves exploring Flagstaff's Buffalo Park, which features a 2.2-mile loop trail that is flat and great for all levels of ability. It's perfect for those with strollers, bikes or dogs. Hikers can enjoy clear views of Mount Elden and Humphreys Peak, and there's plenty of wildlife as well. For hikers seeking an added challenge, there are exercise activities along the way. It's a great place to collect one's thoughts and work up a sweat!

FLAGSTAFF COMMUNITY HEALTH FAIR

Come visit our CHC and Inspire booth at the Flagstaff Community Health Fair! Enjoy games, check out the InBody machine and grab some fun prizes and swag. Stop by and say hi — we would love to see you!

DAY: SATURDAY, APRIL 26

TIME: 10 A.M. - 2 P.M.

WHERE: FLAGSTAFF AQUAPLEX

BLOOM WITH FLAVOR: RASPBERRY GREEK YOGURT BARK



INGREDIENTS:

- Two cups Greek yogurt
- Zest of one lemon
- Two tablespoons honey
- One cup frozen raspberries
- One-half cup shelled pistachios
- One-half cup slivered almonds

INSTRUCTIONS:

1. Line a 9x7 baking dish or small baking sheet with aluminum foil
2. Mix the Greek yogurt, lemon zest and honey in a medium bowl and stir until everything is well blended
3. Add the berries, pistachios and slivered almonds to the bowl and then gently fold until all ingredients are well mixed
4. Spread the mixture evenly in a baking dish or on a sheet (about half an inch thick) and freeze for two to three hours until hardened
5. Once hardened, remove the bark from the dish and break it up into pieces
6. Allow it to thaw for about five minutes before eating

**“DON’T BE AFRAID TO TAKE OFF
AND FLY HIGH. THE WIND IS
BENEATH YOUR WINGS.”**

STAY HYDRATED IN HOT WEATHER

1. Drink water before heading out the door
2. Carry water with you
3. Drink early, often and plenty

SPRING INTO ACTION!

COACH LAURA’S LIST OF LOCAL TRAILS AND ACTIVITIES TO EXPLORE:

Explore **Arizona Snowbowl** and its beautiful mountain trails, including the Aspen Nature Loop, Kachina Trail and Humphreys Peak. Take a moment to pause and breathe in the fresh air!

Walnut Canyon National Monument showcases stunning rock formations, ancient cliff dwellings and scenic trails with breathtaking views of its historic landscape.

Wupatki National Monument is another great doorway to the past where visitors can experience pueblo communities of the early 12th century! The park features a well-preserved pueblo of 104 rooms, including a ballcourt and natural blowhole.

Sunset Crater erupted about 1,000 years ago, reshaping the land and the lives of those who lived there. Over time, trees and flowers grew from the destruction, creating a unique landscape where visitors can explore and witness remnants of the region’s geological past.

Fay Canyon Trail is a great choice for visitors seeking a shorter hike with minimal elevation gain. Along the way, enjoy outstanding views, including a natural arch about a half-mile up the trail.

For scheduling or questions,
please contact us:

928-214-3537

5130 N. Highway 89
Flagstaff, AZ 86004

**LEARN MORE
ABOUT INSPIRE:**

NAHEALTH.COM/INSPIRE