



You are one in a melon!

Foundational strength

The Inspire team works with you to learn new skills and build healthy habits. We are here to help you set goals and reach them. Together, we strengthen your foundation so you can enjoy a healthy, mindful lifestyle and feel your best.



Nutrition

Sleep

Mobility

Mindfulness

Empowerment

Reflection

How has Inspire changed your daily life?
Are you drinking less soda?
Are you taking more walks?

Goal setting

What goals do you want to set for yourself or your family? Ask the Inspire team how we can help you make a plan.



Get to know Inspire

Let's celebrate the season with the Inspire team's favorite spring activities!
Give them a try and check them off along the way.

- Go for a walk outside and collect flowers.
- Take a dance class.
- Read a book in your favorite spot.
- Try a new recipe with seasonal fruits.
- Go to a plant nursery.
- Try to spot a new bird in the sky.
- Create a fairy garden using rocks, leaves, grass and other natural materials.
- Research new fruits and vegetables for a summer garden.
- Go to the soccer field and practice your goal shots.
- Visit the Bushmaster Family Faire.
- Learn how to skateboard.



SPRING SEASON QUESTION

What bird is often called a sign of spring in North America? Share your answer at your next Inspire appointment!

FIRST FRIDAY ART WALK

Enjoy the First Friday Art Walk in celebration of Flagstaff's art community.
Friday, March 6, from 5 to 9 p.m.

For scheduling or questions,
please call: [928-214-3537](tel:928-214-3537)

5130 N. Highway 89
Flagstaff, AZ 86004

Learn about Inspire, meet our
team and find more resources:
NAHealth.com/Inspire

