

## Shiprock breaks ground on new wellness center

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Navajo Nation President Jonathan Nez had the honor of joining community

members for the Shiprock Wellness Center groundbreaking ceremony hosted by the Navajo Nation Special Diabetes Program July 17 in Shiprock

The 9,990 square-foot wellness center will be located adjacent to the existing Shiprock Office of Diné Youth facility, which is being funded through the Navajo Nation Special Diabetes Program and the Shiprock Chapter.

“The new wellness center symbolizes growth toward a healthier future and the ability to fight against diabetes, cardiovascular disease, depression, alcohol/substance abuse, and other health issues. There is a need to take care of ourselves, families, and communities, and I encourage everyone to utilize the new wellness center,” said President Nez during the event.

The wellness center will provide nutrition education, diabetes prevention education, and physical activities for the Shiprock and surrounding communities.

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According to the Navajo Nation Special Diabetes Program manager Lucinda Charleston, project planning began in 2016 for the purpose of providing resources to promote healthy lifestyle, nutrition and diet, and exercise.

“It is important for our Navajo citizens to remain healthy and strong. Diabetes and other related health concerns have taken a toll on our people, and we need to fight back. We need to start taking care of one another,” added Charleston.

For the Nez-Lizer Administration, physical and mental health and wellness remains at the top of the priority list. Since taking office, President Nez and Vice President Lizer have directed divisions and programs that collaborate to establish behavioral and mental health treatment centers on the Navajo Nation.

“Physical and mental health go hand in hand when we consider what it will take to improve the overall health of our people. We congratulate the community of Shiprock and commend the local leadership, community members, and the Navajo Nation Special Diabetes Program for working together to promote health and wellness,” said Vice President Lizer.

The Shiprock Wellness Center is expected to open in late November.

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