



## **About the Northland Family Help Center and Synergy Total Fitness**

### NFHC'S MISSION:

Northland Family Help Center provides safe haven, advocacy, and education for people living in unhealthy and violent relationships. We envision a community where all people live in safety, where all forms of violence have been eradicated, and where healthy families and individuals serve as the foundation of a vibrant and productive community.

### NFHC'S PROGRAMS:

Northland Family uses four main programs to accomplish its mission: the Women's Shelter, Children's Shelter, Counseling Services and Community Education. All four programs are supported by our Administration department.

Synergy Total Fitness is a small privately owned studio that specializes in personal training, nutrition counseling, and is Flagstaff's only Official Spinning studio. The vision at Synergy is to fulfill the needs of the Flagstaff community by offering quality health and wellness services in a fabulous atmosphere.

**NFHC and Synergy are both committed to promoting health and wellness in Flagstaff!**

[www.synergytotalfitness.com](http://www.synergytotalfitness.com)

[www.northlandfamily.org](http://www.northlandfamily.org)