

Health and Wellness Programs



CITY OF FORT COLLINS RECREATION

- ✓ Officially formed in 1965
- ✓ Over 1.4 million participants in 2013
- ✓ Operation and management of 8 facilities
- ✓ 88% rate Recreation “good or very good”
- ✓ The Senior Center opened in 1995

COLUMBINE HEALTH SYSTEMS

- ✓ Opened in 1971
- ✓ Locally owned and operated
- ✓ Operates 11 health care facilities
- ✓ 5-star rated nursing facilities
- ✓ Top Home Care Elite Agency in USA

UNIVERSITY OF COLORADO HEALTH

- ✓ Locally owned, not-for profit organization
- ✓ Poudre Valley Hospital built in 1925
- ✓ Top 100 Hospital
- ✓ Aspen Club created in 1989
- ✓ Aspen Club serves over 22,000 members

THREE ORGANIZATIONS. ONE GOAL.

A PARTNERSHIP INSPIRED BY OUR COMMUNITY'S HEALTH AND WELLNESS.

A new era in community health and wellness began this summer. A partnership between the City of Fort Collins Recreation Department, Columbine Health Systems (Columbine) and University of Colorado Health (UCHealth) has created a unique and comprehensive public health and wellness program housed at the Fort Collins Senior Center.

The recently expanded Senior Center will feature new health and wellness programs provided exclusively by two highly regarded local healthcare leaders. Columbine is the Program Manager, serving the Senior Center. In collaboration with UCHealth, mutual strengths of existing programs, new offerings, and shared resources will be a focus.

Health and wellness programmatic offerings will be placed into three broad categories to meet the needs and interests of members of the Senior Center and the local community, those categories include: **Health Awareness, Lifestyle Management, and Wellness & Education.**



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ENHANCING A TRADITION OF SERVICE

The City of Fort Collins Recreation Department provides recreational opportunities throughout the community. The Department serves all ages, abilities, and skills with programs at the Senior Center focused on community members who are 50 years of age or older. The Fort Collins Senior Center is a multipurpose facility that provides adults access to diverse recreational programs.

The Senior Center opened to the public in 1995 and quickly became an important part of our community's recreational and social landscape. The Senior Center's \$6.8 million expansion features outstanding new health and wellness amenities and spaces. The expansion enables Recreation to provide a broad range of health and wellness services and programs.

Recognizing the value of community collaboration, Recreation, Columbine Health Systems and UCHealth have launched a partnership that will enhance health and wellness offerings and increase opportunities. This partnership will benefit the community and have a direct effect on the community's health.

The programs provided through this partnership will address our community's needs while responding to the lifestyles of a growing population. Many older adults are active and health-minded. This population realizes the value of health and wellness and understands that Recreation's goal is to provide opportunities to help them remain healthy.

MORE INFORMATION?

970.221.6644 OR FCGOV.COM/SENIORCENTER

LEADERS IN HEALTH & WELLNESS

Columbine Health Systems and University of Colorado Health (UCHealth) are local leaders in community health and wellness. A shared focus on health and wellness drives their dedication throughout the community.

Decades of experience and access to top health and wellness experts provides both organizations a strong foundation to create and deliver high quality programs.

Combining strengths and sharing resources will ensure health and wellness programs offered at the Senior Center will benefit the community and will appeal to a growing population.

Columbine and UCHealth believe community health and wellness is a priority. They chose to partner with Recreation to further support their ability to serve the public and help create a healthier community.

In collaboration with the City of Fort Collins Recreation Department, Columbine, and UCHealth will develop a wide variety of accessible health and wellness programs for adults. This community partnership will enable Recreation to increase service levels and enhance offerings while utilizing the expertise of Columbine and UCHealth. All three organizations will cooperate to build a solid, community inspired health and wellness program that benefits the community.

This exciting partnership will allow us the ability to innovate and redefine health and wellness for the citizens of northern Colorado together. We believe that agility, thoughtful planning, customer feedback, and then adjusting course to pro actively meet market needs will move us forward into a successful future.



ACCESSIBLE, INNOVATIVE AND UNIQUE

WHAT HEALTH AND WELLNESS PROGRAMS WILL BE AVAILABLE?

HEALTH AWARENESS

- ✓ Chat with a Pharmacist
- ✓ Talk with a Nurse
- ✓ Balance Awareness
- ✓ Senior Fitness Know-How
- ✓ Cholesterol/Blood Pressure Check
- ✓ Physical Therapy

LIFESTYLE MANAGEMENT

- ✓ Physician Referred Exercise Program
- ✓ Arthritis Foundation Exercise Program
- ✓ Women on Weights
- ✓ Tai Chi Chih
- ✓ Massage (full and chair)
- ✓ The "Power of Food"

WELLNESS AND EDUCATION

- ✓ Memory Fitness
- ✓ Foot Care Clinics
- ✓ Audiology Screening
- ✓ Group Nutritional Counseling
- ✓ Respiratory Education
- ✓ Nurse-led Education

Health & Wellness

Adult

Classes are for ages 18 years and up and are located at the Senior Center, 1200 Raintree Drive, unless otherwise noted.

E This symbol represents those classes that are evidence based programs. These programs are backed by independent research and have been shown to yield measurable results in health.

Medical Equipment Repair

Have an expert from Columbine Medical Equipment take a look at your medical apparatus for a quick check-up and easy repair – or referral for major overhaul. Malfunctioning equipment can be dangerous, so have it checked out.

1/26	M	10:00–11:00 AM	No Fee
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Massage

Treat yourself to a massage today! Relieve stress, treat stiff and achy muscles, flush the toxins from your body. It not only feels good, it's good for your health!

10 minute chair massage	\$12
20 minute chair massage	\$21
60 minute chair massage	\$60

Blood Pressure Checks

This is an opportunity to sit down with a registered nurse on a one-to-one basis to get blood pressures taken and ask any health-related questions.

1/12, 2/9	M	10:00 AM–Noon	
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Cholesterol Clinics

Blood pressure, cholesterol panel and glucose tests with counseling and recommendations in 20 minutes. Eight hour fast recommended (water and medications permitted). Appointments strongly recommended; walk-ins only accepted if space allows. Call the Health District 970-224-5209. \$15 cost; sliding scale available. **Note:** Care Provider: Health District Nurse

1/6, 2/3	Th	8:15–10:30 AM	\$15 (Sliding scale available)
1/15, 2/19	Tu	8:15–10:30 AM	\$15 (Sliding scale available)
2/14	Sa	8:15–10:30 AM	\$15 (Sliding scale available)

Atrial Fibrillation: A Growing

Dr. Ethan Ellis, a specialist in Electrophysiology and Cardiovascular Medicine with UHealth, will discuss what you need to know about Atrial Fibrillation. A-fib is the most common type of irregular heartbeat, or arrhythmia. Learn the risks, treatments, and what to do to decrease the chance of developing it.

2/25	W	5:30–7:00 PM	No Fee	125400-01
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Congestive Heart Failure

Marlene Sinclair, RN will go over signs and symptoms of CHF, what causes might lead up to it, suggestions on how to monitor it at home, and when to call the doctor. She will also go over food choices (sodium, etc.) and how to read a food label in searching out healthy choices.

2/11	W	10:00–11:00 AM	No Fee	125402-01
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Next Steps After Vision Loss

Have you lost vision due to macular degeneration, glaucoma, diabetes, strokes, or other vision conditions? Dr. Deanna Alexander, OD, will discuss vision rehabilitation and low vision treatment options, so you can continue to do activities such as reading, driving, working, or hobbies.

2/26	Th	10:00–11:30 AM	No Fee	125407-01
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Eating & Inflammation

Chronic inflammation has been correlated to many chronic conditions. A registered dietitian will discuss and present an overview on the research of what foods can cause inflammation and also what foods are linked to reducing inflammation.

2/3	Tu	1:30–2:30 PM	No Fee	125408-01
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Seniors on the Ball

This is a low intensity class that focuses on safety and proper techniques to help anyone looking to improve their overall strength and balance in a fun and supportive environment. No age restrictions here – all adults welcome!

1/5–1/28	M,W	8:00–8:50 AM	\$28	125410-01
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Live Well with Diabetes **E**

In this 6 week class, designed by Stanford University you'll learn goal setting, problem solving and tools to help you manage your diabetes to help prevent or delay serious complications.

1/20–2/24	Tu	1:00–4:30 PM	No Fee	125411-01
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Super Foods for the Heart's Delight

While deaths from heart disease have dropped in recent years, it's still a #1 health concern. Learn what you should include in your diet to keep your ticker healthy for years to come. Eighteen super foods for your heart and how to incorporate them into your nutrition choices will be featured.

2/17	Tu	2:00–3:30 PM	No Fee	125412-01
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Know the Ten Signs: Early Detection Matters

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Join Katie Fahrenbruch, Regional Director of Alzheimer's Association.

1/15	Th	10:00–11:30 AM	No Fee	125416-01
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Memory Fitness **E**

A class focusing on mental exercises, stress reduction, healthy diet, physical exercises and other strategies that bring immediate and long term benefits to memory and mental alertness. Designed for people with normal memory concerns, NOT those who are currently taking medications for memory loss. **Note:** Must pre-test with Aspen Club prior to registration. Please call 970.495.8562.

1/13–2/19	Tu,Th	9:30–11:00 AM	\$60	125417-01
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Strategies to Improve Memory

This class provides training and education on programs and activities to improve memory as we age. Class delivered by a Speech Therapist.

2/19	Th	3:00–4:30 PM	\$10	125418-01
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Healthy Brain, Healthy Memory

Learn what current research is saying about healthy brains, keeping memory sharp, and about activities that stimulate cognitive functioning. Presented by Rich Shipman, MA, Mental Fitness Coach with the UC Health Aspen Club.

12/8	M	10:00–11:30 AM	No Fee	125419-01
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Arthritis Exercise Program

This low impact class is designed for anyone with arthritis, related rheumatic disease or musculoskeletal conditions including those with very limited mobility due to joint impairment.

1/5–1/28	M,W	9:00–9:50 AM	\$28	125426-01
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Get a Grasp on Your Grip

This upper extremity exercise class with information on how to prevent hand injuries and improve your strength. This class will focus on strength testing, home program, adaptive equipment training, home exercise equipment and pain control.

1/14	W	10:30 AM–Noon	\$15	125427-01
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Strong Women Strong Bones

A 12-week evidence based class designed by Tuft University, for women who've not participated in regular strength training in 6 months. Included is progressive resistance training and flexibility exercises. Participants receive a fitness assessment and bone density (heel) screening at beginning and end of session.

1/6–3/26	Tu,Th	9:00–10:00 AM	\$84	125428-01
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Osteoporosis

Get a basic overview from a Physical Therapist from Columbine Health Systems regarding osteoporosis education, exercise, and prevention

1/29	Th	10:30–11:30 AM	No Fee	125429-01
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Stay Home Stay Safe

This informative class focuses on safety and equipment for your home through reviewing the simple and secure adaptations. Learn strategies to stay in your home setting as long as possible. This class is for men, women, family and caregivers.

2/4	W	9:00–10:30 AM	\$10	125437-01
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Tai Chi Chih Beginner Class

An inner discipline focusing on circulating and balancing your body's natural energy, this slow moving meditation is fun, easy and enjoyable. Benefits include reduced stress, strengthened immune system, weight and B/P control and better balance and flexibility. Can be done by anyone regardless of age and physical ability.

1/6–2/24	Tu	1:00–2:00 PM	\$80	125438-01
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Stay Active & Independent

A Physical Therapist from Columbine Health Systems will discuss the importance of strength, balance, fitness and home safety. Learn a self-check system and discuss innovative programs to help you stay in your own home safely as you age. A CHS Pharmacist will review your medications for possible balance related issues.

2/24	Tu	10:30–11:30 AM	No Fee	125439-01
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Balance & Fall Prevention Strategies

Specialists from UC Health Rehabilitation Services will discuss basic fall prevention strategies including how medications, vision, and hearing impact potential for falls. Hear about the advantages of assistive devices. You'll also learn about specific gait and balance training, along with physical therapy options.

12/10	W	9:00–10:00 AM	No Fee	125440-01
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Improving Balance Through Exercise

Upon recommendation from Balance Assessment only, this class will cover balance related issues from footwear to vision to muscle weakness to posture and medications.

1/28–3/4	W	11:00 AM–Noon	\$30	125441-01
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Nutrition & Cancer 101

Learn about the connection between nutrition and cancer. This class describes the basics of cancer and how nutrition can play a role in prevention, helping current patients with better treatment outcomes and helping survivors prevent recurrence. Nutrition topics include sugar, organics, and supplements.

1/13	Tu	6:00–7:30 PM	No Fee	125446-01
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2/11	W	10:00–11:30 AM	No Fee	125446-02
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Live Well with Chronic Disease

This 6-week class, designed by Stanford University, helps people with one or more chronic health conditions gain confidence and make changes to better manage their health conditions.

2/24–3/31	Tu	9:30 AM–Noon	No Fee	125447-01
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Cancer, Exercise & Your Health

Learn the role of exercise in cancer prevention, preventing recurrences, improving function and restoring the body during and after cancer treatment. Answers to exercise and cancer-related questions for those recently diagnosed, living with cancer, finished with treatment, caregivers, or anyone interested in the topic.

1/22	Th	9:30–11:30 AM	\$10	125448-01
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2/23	M	4:00–6:00 PM	\$10	125448-02
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Mastectomy Support Group

Join us for E.M.B.R.A.C.E: Empower, Me, Breather, Rest, Accept, Courage, Engage. Ask and feel better, group discussions, healthy recipes, stretching/breathing and hugs.

12/8,1/12,2/9	M	6:00–7:00 PM	No Fee	125449-01
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Eight Ways to Develop the Courage You Need to Grow Old

Age intentionally versus living in fear of the future. Learn how to practice courage to increase your emotional, mental and spiritual strength. Gain insight in ways to practice and cultivate your courage. Recognize your fears, strategize ways to grow through those fears and create a life that you embrace. A courageous life!

2/12	Th	10:00–11:30 AM	\$20	125451-01
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Swallowing Through the Aging Process

This class will provide training on swallow safety, strengthening and precautions, and is led by a Speech Therapist.

1/15	Th	3:00–4:30 PM	\$10	125452-01
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Keep Up With Your Changing Legal Needs

As we age our legal needs change. We will discuss power of attorney for medical and business purposes, selecting agents, safeguarding assets, problems with partners, and what to share with your family and friends. Amy Rosenberg of Peterson, Rosenberg PLLC will be our presenter.

2/4	W	2:00–3:00 PM	No Fee	125453-01
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Powerful Tools for Caregivers

If you are the primary caregiver for a loved one, taking care of yourself becomes critically important. This 6-weekclass includes an overview of community resources, strategies for reducing stress and guilt, how to make tough decisions, communication skills and more.

1/14–2/18	W	5:30–7:00 PM	No Fee	125454-01
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Death Cafe

Death Cafes provides a chance to demystify the topic of death, and engage in thoughtful and respectful conversation. Neither bereavement nor grief counseling, there is no agenda or conclusions. We'll discuss living well and "leaving" well. Space is limited to promote effective conversation. Light snacks provided.

1/21	W	2:00–3:30 PM	No Fee	125455-01
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Myths of Hospice Care

Truth or Myth: Hospice is a place; hospice is only for people with cancer; hospice is for old people; hospice care is expensive. There are many commonly held misconceptions regarding the nature of hospice care, even by medical professionals. This presentation will set the record straight on hospice.

1/7	W	10:00–11:00 AM	No Fee	125456-01
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Honoring Veterans By Pathways

About 38,000 veterans live in Larimer and Weld counties and many face unique challenges at end of life as a result. This program provides respectful and compassionate care to those who have served. Get information on our Veteran-to-Veteran volunteer program and capturing Veteran Life Stories.

1/28	W	11:00 AM–Noon	No Fee	125457-01
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Consider the Conversation

"Consider the Conversation" is a powerful and inspiring film on the struggle with communication and preparation for end-of-life. The 55-minute PBS film combines personal stories and interviews along with opinions of experts in care. Discussion following video.

2/18	W	10:00–11:30 AM	No Fee	125458-01
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Take Control of Your End of Life Decisions

By planning ahead and preparing just a few documents, you can take control of your end-of life-wishes. You will leave with a clear understanding of what is a living will; a medical power of attorney, and when these documents are implemented. The well-known Five Wishes brochure is part of this discussion.

2/25	W	11:00 AM–Noon	No Fee	125459-01
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Life Reimagined

Life is full of checkups health, finances, and car. The Life Reimagined Guide provides a life checkup. Backed by decades of research, this step-by-step approach will help you discover possibilities, prepare for change and make your ideas real - whether you're focused on work, health, relationships, or pursuing your passion.

12/10	W	3:00–5:00 PM	\$5	125460-01
1/8	Th	9:00–11:00 AM	\$5	125460-02

Stress, Sleep or Worry Problems? Learn Reiki

Worried? Trouble Sleeping? Hands-on healing has been used in Japan for hundreds of years to reduce stress, relieve physical ailments, and more. Reiki balances your brain, body, and emotions powerfully, yet gently. Learn a practical method to sleep better, rid yourself of worry and stress and gain mental clarity.

1/27	Tu	10:30 AM–Noon	No Fee	125461-01
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Stress & Anxiety: A Yoga Perspective

Do you know someone suffering from anxiety or depression? Are you a professional in stress management, psychology, teaching, social work? Join us for a powerful revealing discussion on the origins of anxiety and 12 steps to overcome. Based on yoga philosophy and teaching of great masters.

1/17	Sa	10:00 AM–1:00 PM	\$35	125462-01
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Creating A Healthy Balanced Life

When we become more present in our daily thoughts and actions we can create a healthier, more harmonious balance, and take personal control of our lives. Each class will be interactive and present a key topic to help enhance your quality of life. Discover optimal wellness for your body, mind, and spirit.

1/15–2/12	Th	6:00–7:30 PM	\$75	125463-01
1/24–2/21	Sa	10:30 AM–Noon	\$75	125463-02

Intro to Aromatherapy

Explore the benefits of how essential oils can enhance your wellness from fighting off a cold to enhancing relaxation. Experience the scent of various oils while learning about their properties. Handouts will be provided.

1/21	W	6:00–7:30 PM	No Fee	125464-01
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Losing Your Ho-Ho-Ho's? It's Time to De-Stress

Explore alternatives for dealing with stress this holiday season. These interactive classes provide practical coping strategies and the opportunity to practice them too. Discover new ways to relieve stress and find relaxation and peace for your spirit, mind and body. Breathe deep this Season.

12/2–12/9	Tu	6:00–7:30 PM	\$30	125465-01
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De-Stress & Relax

Explore alternatives for dealing with stress this New Year. These classes are interactive so you'll learn practical coping strategies and have the opportunity to practice them too. Discover new ways to relieve stress and find relaxation and peace for your spirit, mind, and body. It's time to breathe again.

1/5–1/12	M	6:00–7:30 PM	\$30	125466-01
2/2–2/9	M	6:00–7:30 PM	\$30	125466-02

Laughter Yoga

Laughter Yoga is a series of simple yet profound exercises based on the philosophy of acting happy. Feel good by engaging the body in the physical actions of happiness and relaxation IE: laughter and deep breathing. Relieve tension!

1/3-2/28	Sa	9:00-10:00 AM	No Fee	125468-01
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Five Must-Do's When Downsizing

"Where do I begin?" It's the #1 question of downsizing. If this is you, come speak with our Senior Transition Realtors for Keller Williams. Let us give you some great tips, and go over some of the myths and mistakes in downsizing and real estate transactions.

12/11	Th	10:00-11:30 AM	No Fee	125470-01
1/13	Tu	11:00 AM-12:30 PM	No Fee	125470-02
2/26	Th	11:00 AM-12:30 PM	No Fee	125470-03

CPAP

Transform your sleep experience by joining a Columbine Medical Equipment expert to learn about CPAP. Learn how it works, its effectiveness and how to choose the right mask. Also if you've had difficulty using one before, now's your chance to ask questions.

2/25	W	4:00-5:00 PM	No Fee	125475-01
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Pelvic Floor Class-Improving Number 1 & Number 2

This class is led by a physical therapist who will train and review exercises to improve bowel and bladder control/care. We will address issues surrounding bowel and bladder incontinence with treatment options. This class is for men and women of all ages.

1/30	F	1:00-2:30 PM	\$10	125477-01
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Taming Your Pain

This is a great overall pain management class for the entire body. We will review posture, positioning, pain control strategies and treatments. Strategies for pain control of the neck, back, shoulder and pelvis along with relaxation techniques will be offered.

12/3	W	3:30-5:00 PM	\$10	125478-01
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Living with Parkinson's

Improve your quality of life through exercise, use for movement, lifestyle changes, cognitive strategies, education on posture and positioning. This is an evidenced based class led by physical therapists and music therapists.

1/7-1/28	W	1:00-2:30 PM	\$25	125479-01
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Couch to 5K

This is a class for those of you who would like to start a run/walk program; geared towards beginners. Get in shape with a trained physical therapist to participate in a Spring 5K!

1/20-3/10	Tu	7:00-8:00 PM	\$35	125480-01
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Healthy Information

Studies show that improving our health knowledge improves our health, reduces doctor visits and saves money. Explore how to find reliable info even on the internet; how to make the most of your visit to the doctor, and how to keep track of your health information.

1/22	Th	3:00-4:00 PM	No Fee	125481-01
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Diseases – What you Need to Know

Dr. Robert G. McLean, expert consultant and adjunct professor, will introduce disease topics that will include disease agents, zoonotic diseases, methods of transmission, vector and host species, and disease habitats. Discussion of some local, common diseases in Colorado.

1/12	M	11:00 AM-Noon	No Fee	125482-01
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Infectious Diseases in the News

Dr. Robert G. McLean, expert consultant and adjunct professor, will present a detailed discussion of some major diseases such as West Nile Virus, Lyme disease, and Ebola.

2/19	Th	1:00-2:00 PM	No Fee	125483-01
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Awareness Through Movement

These gentle movement explorations done lying on the floor engage your body and brain to help you move with more ease, think more clearly, feel less stress, sleep better and generally enjoy your life more! Must be able to get onto the floor and backup again.

1/8-1/29	Th	6:30-7:30 PM	\$12	125484-01
2/5-2/26	Th	6:30-7:30 PM	\$12	125484-02

Reflexology

In these relaxing sessions, your hands and feet will be massaged, paying special attention to pressure points that connect with organ and glands throughout the body. Enjoy the sugar scrub to soften your skin and remove dry skin. Schedule your appointment today! **Note:** 30 minute appointments

12/2,12/16,1/6	Tu	9:00 AM-Noon	\$45	
1/20,2/5,2/17	Tu	2:00-5:00 PM	\$45	

Rossiter

Restore connective tissue to its natural, healthy state creating freedom from pain and increased mobility. Relieve back pain, sciatica, knee pain, hip pain, tennis elbow, plantar fasciitis, and more. Rossiter is done fully clothed and takes about ½ hour. Must be able to get up and down off floor. **Note:** 30 minute appointments.

12/2-2/24	Tu	10:00 AM-1:00 PM	\$45	
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Affordable CommUnity Acupuncture

Thousands of years old, Acupuncture is globally popular! Tiny hair-sized needles stimulate healing without pain or negative side effects. These 1 hour treatments by Fort Collins CommUnity Acupuncture are affordable, relaxing and effective. It helps pain, anxiety, arthritis, insomnia, depression, migraines, etc. **Note:** Schedule one hour appointments

1/5-2/23	M	8:00 AM-Noon	\$25	
1/7-2/25	W	9:00 AM-1:00 PM	\$25	

Hearing Screenings & Wax Removal

Ringing in the ears? Frequently exposed to loud noises? Ears feel clogged? Difficulty following conversations in noisy restaurants? Come check your hearing and talk with a licensed audiologist from the Hearing Rehab Center of Fort Collins, Dr. Stuart Tomlin, an expert in hearing and tinnitus issues. **Note:** 20 minute appointments. Meets every other Monday.

12/1-2/23	M	11:00 AM-1:00 PM	No Fee	
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A Commitment to Health and Wellness



Meet Diane Horak Health and Wellness Program Manager



Diane has ten years of experience in the Health and Wellness business. Beginning her career as a Personal Trainer at Miramont Lifestyle Fitness, she quickly became certified in nutrition and weight loss counseling. After working as a Wellness Manager and Director at Miramont, Diane began her career with Columbine Health Systems in 2007 as a Wellness Coordinator. While at that position, in addition to corporate and workplace wellness, Diane earned her Fitness Therapy Certification and began to help those (particularly 50+) who required specific wellness strategies to regain or attain their health.

Diane is married to Todd and they have two sons. One studies dance at Butler University in Indianapolis, and the other is a mechanical engineering major at CSU and is on the track team. A very large two year old golden retriever rounds out the family.

Fitness Check-Up

In less than an hour you can check your overall fitness level. Learn your body fat percentage and BMI – then perform simple strength, cardio, and flexibility tests to find your strengths and weaknesses. Test periodically to track changes. **Note:** Schedule 45 minute appointments

1/5, 1/12, 2/2, 2/16	M	1:00–4:00 PM	\$5
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Golf Fitness Assessment

This mini assessment is designed to help improve your overall golf game by assessing strength and flexibility components specific to golf. Based on the results of the assessment, exercises and suggestions will be shared to help you become a stronger golfer (hopefully—with lower scores!) **Note:** Schedule 30 minute appointments.

1/8	Th	8:00 AM–Noon	\$20
2/5	Th	8:00 AM–Noon	\$20

Reiki- Support Healing & Well Being

Discover how Reiki treatments can reduce stress, relieve physical complaints and clear away blockages from your body and mind. Using light touch, Reiki activates your Ki so you feel tangible change in your overall well-being. Offered by Reiki Master and Teacher, Paula Harrison **Note:** Schedule 45 minute appointments.

12/1–2/26	M, Th	9:00–11:00 AM	\$45
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Converse with a Nurse

Need clarification, guidance, basic info? This is your chance to sit down with a nurse and get some answers – plus get your blood pressure checked.

1/14	W	1:00–2:00 PM	No Fee
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Quarterly Balance Assessments

UC Health and Front Range Therapy will assess participant's balance. Based on the results, fall prevention strategies will be suggested, dependent if you are a low, moderate, or high risk for falls. **Note:** 20 minute appointments.

1/14	W	9:00 AM–1:00 PM	\$15
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Massage

Swedish, integrative and deep tissue. Whether you choose a chair massage or full hour table massage, you will experience increased circulation, reduced stress, and relief from muscle tension and fatigue.

12/12–2/24	Tu	3:30–7:00 PM	\$60
12/1–2/23	W	9:00 AM–1:00 PM	\$60

How to register at Health and Wellness programs:

You can register for health and wellness programs online at fcgov.com/Recreator, by calling 970.221.6655 or in person at the Senior Center, EPIC or Northside Aztlan Center.

Three Organizations....



ONE GOAL!

A Partnership Inspired by Our Community's Health and Wellness



UNIVERSITY
of COLORADO HEALTH

City Of Fort Collins Recreation

ENHANCING A TRADITION OF SERVICE

- The Senior Center opened to the public in 1995 and quickly became an important part of our community's recreational and social landscape.
- The Senior Center's \$6.8 million expansion features outstanding new health and wellness amenities and spaces.
- The expansion enables Recreation to provide a broad range of health and wellness services and programs.

Columbine Health and University of Colorado Health

LEADERS IN HEALTH & WELLNESS

- Columbine Health Systems and University of Colorado Health (UCHealth) are local leaders in community health and wellness. A shared focus on health and wellness drives their dedication throughout the community.
- Combining strengths and sharing resources will ensure health and wellness programs offered at the Senior Center will benefit the community and will appeal to a growing population.

Accessible, Innovative, and Unique

WHAT HEALTH & WELLNESS PROGRAMS WILL BE AVAILABLE?

HEALTH AWARENESS

- Chat with a Pharmacist
- Converse with a Nurse
- Balance Awareness
- Fitness Check-up
- Cholesterol/Blood Pressure Check
- Bone and Joint Health

LIFESTYLE MANAGEMENT

- Massage (full or chair)
- Financial Health
- Stress Management
- Tai Chi Chih
- Arthritis Support Group
- Mastectomy Support Group

WELLNESS AND EDUCATION

- Memory Fitness
- Foot Care Clinics
- Audiology Screening
- Group Nutritional Counseling
- Nurse-led Education
- Tobacco Cessation