

Senior Center Health & Wellness

Health Awareness

Lifestyle Management

Wellness & Education



**Call for an
appointment:**
970-221-6644

CommUnity Acupuncture

Mondays
8:00am-12:00pm
Wednesdays
9:00am-12:00pm
1 hour appointments:
\$25

Reflexology

Tuesday, May 5th
10:30am-4:00pm
45 minute appointments
\$45

Foot Care

Thursday, May 7th
1:00pm-3:00pm
½ hour appointments
\$40

Converse with a Nurse

Wednesday, May 13th
1:00pm-2:00pm
No fee

May

Health & Wellness

Natural Ways to Improve Your Cardiovascular Health

*Join naturopathic doctor to learn and
discuss practical strategies for
improving your health.*

Monday, May 4th
6:30pm-7:30pm no fee

Coping with Fatigue

*Help finding out appropriate
modifications with intensity and
activities to help exercise safely.*

Thursday, May 7th
1:00pm-2:00pm \$10

Take Control of Your End of Life Decisions

*Understand what a living will, power
of attorney are and when to implement
these. Also the 5-Wishes Brochure is
included in the discussion.*

Friday, May 8th
1:00pm-2:00pm no fee

Antioxidants & Nutrition

*Learn from a registered dietician
about what antioxidants are and how
they affect your overall health.*

Monday, May 11th
9:00am-10:00am \$12



Registration for the Summer Session Begins May 7th

fcgov.com/recreator
Or call 970-221-6644

Coming soon:

**Power of Your Plate &
Grocery Cart 5/11**

**Happy Meals
5/11**

**Cancer, Exercise, & Your
Health
5/12**

**Nutrition Misconceptions
5/13**

