

Senior Center Health & Wellness

Health Awareness

Lifestyle Management

Wellness & Education



Health & Wellness in June



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

New Time!

Golf Fitness Assessments

Wednesday, June 10th
8:00am-11:30am
½ hour appointments:
\$20

Hearing Screening

Wednesday, June 3rd
9:00am-noon
20 minute appointments
No fee

Reflexology

Tuesday, June 9th
10:30am -4:00pm
45 minute appointments
\$45

Boomer Boot Camp

*A great workout with on injury
prevention focus.*

Mondays & Wednesdays
June 1 – June 24
8:00am-8:50am **\$22**

Cardio, Core & More

*A blend of cardio, strength and
balance to create a healthier you!*

Mondays & Wednesdays
June 1 – June 24
9:00am-9:50am **\$22**

In the Moment Yoga for Breast Cancer

*For beginners, patients and survivors
– relax, reenergize, & get inspired.*

Mondays & Wednesdays
June 1 – June 24
10:00am – 11:00am **\$20**

Why Weight?

*A licensed behaviorist will help you
become empowered over food habits.*

Tuesdays
June 2nd – June 23rd **\$60**

Summertime Foods

*Learn healthy, simple delicious meals
and snacks to enjoy this summer*

Wednesday, June 3rd
10am-11:30am no fee

**Registration now for the
summer sessions!**
fcgov.com/recreator
Or call 970-221-6644

Walk With a Doc

**Thursday,
June 4th
6pm-8pm**

Join cardiologist
Dr. Wendy Austin

-Group discussion
-Stroll thru Rolland
Moore
-Light refreshments

No fee

