

Senior Center Health & Wellness

Health Awareness

Lifestyle Management

Wellness & Education



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

Acupuncture

Fridays 9:00am-1:00pm
one hour appointments
\$25

1st appointment is free

Massage

Mondays 9:00am-Noon
Wednesdays Noon-3:00pm
\$20-20 min
\$40-40 min
\$60-60 min

Ear Acupuncture

Thursdays, 1pm-4pm
50 minute appointments
\$15

Strong Women, Strong Bones

*Evidence based program to safely
improve muscle tissue.*

Tuesdays, 9/1 thru 11/19
8:30am-9:30am
\$84

Tai Chi Chih

*Beginning Tai Chi with expert
instructor, Marie Dotts.*

Tuesdays, 9/1-10/20
1:00pm-2:00pm
\$80

Improving Balance thru Exercise

*Comprehensive balance exercise
and instruction*

Thursdays, 9/3-10/8
3:00pm-4:00pm
\$30

Concepts of Vanaprashtha (Mid-life Crisis)

Swamiji Dharmananda returns to
offer his insight.
Fridays, 9/4-9/25
10:00am-11:30am
\$40



AGING MASTERY PROGRAM

Thursdays
September 10th –
November 12th
9:30am-11:00am
\$30

Every week an expert
will guide you in
achieving a healthy,
happy, and successful
future.

Registration now!
fcgov.com/recreator
Or call 970-221-6644

