

Senior Center Health & Wellness

Health Awareness

Lifestyle Management

Wellness & Education

*Don't have to be a Senior
Don't have to be a Member*

Call for an appointment:
970-221-6644

Golf Fitness Assessment

Tuesday, March 3rd
8:00am-11:30am \$20

Fitness Check-up

Mondays & Thursdays,
beginning March 2nd
M- 1:00pm-4:00pm
Th-9:00am-12:00pm
*every other week

Massage

Tuesdays 3:30pm-7:00pm
Fridays 9:00am-12:00pm

Foot care

March 5th & 19th
1:00pm-3:00pm
30 min appt. \$40

Exciting Health & Wellness Opportunities Coming Your Way!!

Why Weight?

*Change habits & gain confidence to
control your weight for long-range
health and happiness.*

Tuesdays, March 3rd-24th
10:00am-11:30am \$60

Basic Wound Care

*Learn to treat and identify basic skin
abrasions from an Ostomy nurse.*

Wednesdays, March 4th
3:00pm-4:00pm no fee

Estate Planning for the Sandwich Generation

*Learn different approaches for how to
balance raising your children, caring
for your aging parents & considering
your own personal needs.*

Thursday, March 5th
10:00am-11:00am no fee

Natural Ways to Manage

March is
National Nutrition
Month!



Check the Recreator for our full
class/service list and continue
signing up!

Later this month...

Healthy Weighs
Resolutions Take Two
Tai Chi Chih
Boost Your Brain
Power
Do You Have a Bossy
Bladder
DASH Diet



Allergies & Asthma

Discuss seasonal allergies, asthma & food sensitivities with a naturopathic doctor.

Monday, March 2nd

6:30pm-7:30pm no fee

Myths of Hospice Care

There are many common misconceptions regarding hospice care. Set the record straight with this presentation.

Wednesday, March 4th

1:30pm-2:30pm no fee

**Call 970-221-6644 to register
or online at www.fcgov.com/recreator**