

# HEALTH -AND- WELLNESS



[fcgov.com/health-wellness](http://fcgov.com/health-wellness)



## Services

### Massage

#### Balance Bodywork

Tuesdays  
9:00am-Noon

### Acupuncture

#### Austin Stone

Mondays 9am-4pm

#### With Love Co

Wednesdays  
10:00am-1:00pm

### Nail Care

#### Sweetheart Nails

Wednesdays and  
Thursdays  
10:00am-4:00pm

## Contact

### Register Now!

[fcgov.com/recreator](http://fcgov.com/recreator)  
or call **970-221-6644**

## Programs

### The Upside of Downsizing

Tuesday Oct. 17<sup>th</sup> 1:00-2:30pm

Tips and techniques to get started consolidating clutter and collections. Learn its mental and economical benefits.

Senior Center No Fee

### Positive Brain Change

Thursday Oct. 19<sup>th</sup> 9:30-10:30am

Involve the mind in changing the brain for the benefit of health and well-being. By Larimer County/CSU Extension

Senior Center No Fee

### Aging & Technology

Monday Oct. 23<sup>rd</sup> 2:00-3:00pm

Plug in and learn how to manage at-home technology and explore new products that promote longevity. By CSU Behavioral Sciences

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### Thriving with Breast Cancer

Tuesday Oct. 24<sup>th</sup> 5:00-6:00pm

Education on common side effects that persist after or during breast cancer treatment such as decreased strength/endurance, fatigue, and lymphedema. By Michelle Bardino, PT UCHealth

Senior Center \$10

### Meatless Meals in Minutes

Thursday Oct. 26<sup>th</sup> 6:00-7:00pm

A discussion about the benefits of consuming meatless meals along with some great recipe ideas. By Jenifer Bowman, UCHealth

Registered Dietitian

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