

HEALTH -AND- WELLNESS



fcgov.com/health-wellness



Services

Acupuncture

Love Co

Wednesdays
10am-1pm
45 min/\$35

Acupuncture

Austen Stone

Mondays
9am-4pm
60 min/\$45

Nail Service

Sweetheart Nails

Thursdays
10am-4pm
\$18/30 minutes

Massage

Balance Bodywork

Tuesdays
9am-Noon
\$16.50/15 minutes

Contact

Register Now!

fcgov.com/recreator
or call **970-221-6644**

Programs

Conversations Every Family Should Have

Tuesday March 27th 5:30-6:30pm
Learn about the physical, personal, and financial aspects of long term and elder care.
Senior Center No Fee

Spirituality & Religiosity

Wednesday March 28th Noon-1:00pm.
Engage in spiritual awareness, become knowledgeable about the science of spirituality, and discover what forces give greater meaning to daily life. By CSU Behavioral Science.
Senior Center No Fee

Essential Oils 101

Thursday March 29th 10:00-11:30am
Smell, feel and even taste pure essential oils and learn methods of application.
Senior Center No Fee

Brain & Balance

Thursday March 29th-April 26th 1:30-2:00pm
Practice brain games and functional balance exercises. By Diane Horak, Columbine Health Systems.
Senior Center \$15

21- Day Sugar Detox Challenge

Thursday March 29th- April 19th 5:00-6:00pm
Eating foods high in sugar and refined carbs causes mood swings, hormone imbalance and weight gain. Tame the sugar monster.
Senior Center \$60

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