

HEALTH -AND- WELLNESS



fcgov.com/health-wellness



uhealth

Services

Massage
Balance Bodywork
 *Tuesdays
 9:00am-Noon
Mary Homan
 *Wednesdays,
 1:30 – 5:00pm
 *Thursdays
 9:00am- Noon

Advance Care Planning
the Health District
 Tuesday, July 11th
 9:00am-1:00pm

Acupuncture
With Austin
 *Mondays
 9am-4pm
With Love Co
 *Wednesdays
 10am-1pm
Nail Care
 *Thursdays
 10am-4pm

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

Programs

What is Dry Needling?

Monday June 26th 4:30 – 5:30 pm
 Information on dry needling techniques, how it works, and who it helps. By UCH Outpatient Therapy.
 Senior Center \$5

Hypertension & Cardiovascular Health

Tuesday June 27th 2:00 – 3:30 pm
 Cardiologist Jacob Chacko will discuss hypertension and its relationship to your cardiovascular health.
 Senior Center No Fee

21- Day Sugar Detox

Thursday June 29th, July 6th, July 21st 10:00 – 11:00 am
 Conquer the Sugar Demon to take control of your diet. Led by a certified 21DSD and Wellness Coach.
 Senior Center \$50

50 Things an Occupational Therapist Can Do for You

Thursday June 29th 2:00 – 3:00 pm
 Learn how an occupational therapist can help you stay functional, active, and independent. By Covell Care
 Senior Center No Fee

Everyday Mindfulness

Thursday July 6th 10:00 – 11:00 am
 In this experiential class, learn practical strategies to help reconnect with the senses, calm nervous systems, befriend negative thoughts, and relax reactivity. By CSU Extension.
 Senior Center No Fee