

HEALTH-AND-WELLNESS



fcgov.com/health-wellness



Fitness

Massage

Balance Bodywork

Tuesdays

9:00am-Noon

Mary Homan

Wednesdays

1:30-5:00pm

Acupuncture

Austin Stone

Mondays 9:00am-4:00pm

With Love Co

Wednesdays

10:00am-1:00pm

Nail Care

Sweetheart Nails

Wednesdays & Thursdays

10:00am-4:00pm

Contact

Register Now!

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

Programs

Upside of Downsizing

Tuesday Dec 19th 10:00-11:30am

Seasoned experts share tips on how to move in, out, up, or down.

Senior Center No Fee

Holiday Happy Hands Dancing & Brain Walking

Tuesday Dec. 19th 2:00-3:30

Learn about movement, laughing, and making the brain work a little by combining both. By UCHealth Aspen Club

Senior Center \$5

Emotions & Essential Oils

Wednesday Jan. 3rd 6:00-7:00pm

Relax while learning how essential oils can assist the body with emotions of everyday stressors.

Senior Center No Fee

Core Stability and Balance

Thursday Jan. 4th 11:00am-Noon

Discover individual levels of fall risk and receive advice about ways to get up after a fall. By UCHealth Outpatient Therapy

Senior Center \$10

Brain and Balance

Thursdays Jan. 4th-25th 1:30-2:00pm

Fun brain games and functional balance exercises are brought together to offer support, laughter, and results. By Diane Horak

Columbine Health Systems

Senior Center \$15