

# HEALTH -AND- WELLNESS



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



[uchealth](http://uchealth)

## Services

### Massage

#### Balance Bodywork

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

### Acupuncture

#### With Austin

\*Mondays  
9am-4pm  
**With Love Co**  
\*Wednesdays  
10am-1pm

### Nail Care

Wednesdays & Thursdays  
10am-4pm

## Programs

### Essential Oils 101

Tuesday August 22<sup>nd</sup> 6:00-7:30pm  
Discover the health support of essential oils. Smell, feel and taste.  
Foothills Activity Center no fee

### Paradigm Shift, Ideal Body Weight

Tuesday August 29<sup>th</sup> 6:30 – 8:30 pm  
Investigate healthy lifestyle choices that help maintain your perfect weight. By Dr. Cory Carroll.  
Senior Center no fee

### Blue Zone Your Life

Wednesday August 30<sup>th</sup> 2:00-3:30pm  
Learn longevity tips to optimize years with health and vitality. By the Aspen Club.  
Senior Center \$5

### 21 Day Sugar Detox

Fridays September 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup> 10:00 – 11:30 am  
Learn to control the “sugar monster” that can be a highly addictive detriment to health. By Certified Wellness Coach.  
Senior Center \$50

### Aging Mastery Program

Tuesdays Sept 12<sup>th</sup> – Nov 4<sup>th</sup> 9:30-11:00am  
This National Council on Aging program will encourage and instruct you to make and maintain meaningful changes in health behaviors, financial well-being and enrichment in later life. By experts in each topic area.  
Senior Center \$35

## Register Now!

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

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