



live and learn: classes & screenings

cholesterol screenings

Find out your total cholesterol, HDL, LDL, triglycerides and blood glucose. Results are available within 20 minutes. A registered nurse will interpret your results and offer health information.

Health District residents who have never received our cholesterol screening are eligible to receive their first screening for free. Cost for all others is \$15. Reduced fees

are available depending on income for people living in northern Larimer County.

All screenings are 8:15–10:30 a.m. unless otherwise indicated. Appointments are required; call **224-5209**. No walk-ins accepted for cholesterol tests. A 12-hour fast is required; water and medications are permitted.

Blood-pressure checks are free, and no appointment is necessary.

Visit www.healthdistrict.org/heart for more information.

Fort Collins Club
1307 E. Prospect
Aug. 10

Fort Collins Senior Center
1200 Raintree
July 6 Aug. 19
July 15 Sept. 8
Aug. 3 Sept. 16

Front Range Community College
4616 S. Shields, Longs Peak
Student Center
Sept. 23

Harmony Library
4616 S. Shields
July 20

Health District
120 Bristlecone
June 24
July 22
Aug. 26

Larimer County Courthouse
200 W. Oak
July 27
Aug. 17
Sept. 21

Miramont Central
2211 S. College
Aug. 11

Miramont South
901 Oakridge
Aug. 12

Northside Aztlan Community Center
112 E. Willow
July 13

Spirit of Joy Lutheran Church
4501 S. Lemay
July 1
Aug. 5
Sept. 2

wellness

Sign up today! Classes are held at the Health District, 120 Bristlecone in north Fort Collins. Discounts on class fees are available depending on income. Prepayment is required to reserve a seat in Healthy Weighs. Call **224-5209** to register.



Healthy Weighs

Tuesdays, Sept. 14–Dec. 7 (no class Nov. 23)
10 a.m.–noon
or 5:30–7:30 p.m.

This 12-week weight management program emphasizes

a balanced, healthy lifestyle without dieting.

Cost: \$190 (less than \$16 per week). Sign up with a friend and both of you get half your fee back. Both participants must be Health District residents and complete the program.

Add Zest to Your Cooking: Do the Salsa!

Thursday, Sept. 16
Noon–1:30 p.m. or 6–7:30 p.m.
With vibrant colors and bright taste, fresh salsas add a burst of exotic flavor to grilled meats, chicken, fish and vegetables. Salsas give new life to burritos, beans, eggs, enchiladas and quesadillas, and make bright garnishes for soups. While many generally think of salsas made with tomatoes, we will expand your horizons in this class with salsas made with other fresh fruits and vegetables from local farmers' markets.
Cost: \$10 per person.

Step Free From Tobacco

Our stop-smoking coaches assist adults in reclaiming their natural

freedom from tobacco, using free nicotine patches, lozenges or gum, as appropriate, and with more than 30 proven quitting techniques and strategies. Our program is known for its straightforward, entertaining and supportive manner, with no coercion, guilt or shame. Take part in a group, or enjoy self-paced individual or couples sessions.



Our next six-week Step Free quit-smoking class starts Thursday, Sept. 23, 6–7:30 p.m. The class will run through Oct. 28. The next class after that will start in December. Individual and couples sessions are offered continuously, and on-site classes are available for work groups.

For residents of northern Larimer County, the cost for the six-session Step Free program is \$10 to \$100, depending on household income. A \$5 to \$50 rebate is awarded to people who attend all six sessions.

For a free introductory session, to determine if the Step Free program might work for you, contact the Health District at **224-5209**.

Freedom from

tobacco is easier now than ever before! The first step is: just call!

blood pressure checks

Free 5- to 10-minute walk-in blood pressure reading and consultation with a registered nurse.

The consultation includes discussion and materials on:

- What does blood pressure mean?
- How can I keep my blood pressure where it needs to be, lowering my risk of heart attack and stroke?
- What's the right way to monitor my blood pressure?
- Follow-up suggestions.

Checks are on the third Monday of the month from 10 a.m. to noon at the Fort Collins Senior Center, 1200 Raintree. No appointment necessary.

Visit www.healthdistrict.org/heart for more information.



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Sponsored by Health District of Northern Larimer County, PVHS and Larimer County Department of Health and Environment.