

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.

People who have never received a cholesterol screening from the Health District 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.

Colorado State University

Lory Student Center
Feb. 10 and 11, 8–10:40 a.m.

Fort Collins Club

1307 E. Prospect
Feb. 23

Fort Collins Senior Center

1200 Raintree
Dec. 17 Feb. 18
Jan. 5 March 2
Jan. 21 March 18
Feb. 2

Harmony Library

Shields and Harmony
Jan. 12
March 23

Health District

120 Bristlecone
Jan. 28
Feb. 25
March 25

Larimer County Courthouse

200 W. Oak
Dec. 8
Jan. 19
Feb. 16
March 16

Miramont Central

2211 S. College
March 9

Miramont South

901 Oakridge
March 10

Northside Aztlan Community Center

112 E. Willow
Jan. 26

Spirit of Joy Lutheran Church

4501 S. Lemay
Jan. 7
Feb. 4
March 4

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

Jan. 19–April 13
(No class March 16.)



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.

Your Sweet Heart

Thursday, Feb. 11
Noon–1:30 p.m. or 6–7:30 p.m.
Valentine's Day conjures up visions of rich desserts and boxes of chocolates. February is also Heart Month. We're going to prove that heart health and delicious sweets can



peacefully coexist as we make and enjoy some luscious and good-for-you desserts. Yes, there will be chocolate! Cost: \$10 per person.

Fighting Fire with Food

Thursday, March 11
Noon–1:30 p.m. or 6–7:30 p.m.
Chronic, low-grade inflammation is suspected to be the underlying cause of a wide range of medical conditions, including heart disease, cancer and Alzheimer's disease. What you eat (and how you cook it) can either aggravate inflammation or help quell it. Learn which foods, cooking practices and lifestyle choices can cause tissue-damaging inflammation and which reduce inflammation. 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, gum or lozenges**, 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, Jan. 21, 6–7:30 p.m. The class will run through Feb. 25. Individual and

couples sessions are offered continuously.

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.



visit www.healthinfosource.com

Your link to health information in the Fort Collins area

- ✓ Providers
- ✓ Classes
- ✓ Topics



healthinfo
source.com



a FREE service of: Health District • PVHS/PVH Foundation • Health Department