

COMPASS

Are your **JOINTS** trying to

*Tell You
Something* ?



Maybe they're saying you have **arthritis**

by kathy hayes

You may know the feeling — stiffness upon awakening, pain and swelling in your elbows, knees, hips, shoulders, ankles, feet, wrists or hands. If your body's talking to you through discomfort in your joints, then listen up: You may have arthritis.

Arthritis is a disease that affects the cushioning between and around joints, which are those parts of the body where two bones meet.

There are many different kinds of arthritis. Osteoarthritis, also known as degenerative joint disease, affects one in 12 Americans and is by far the most common. Rheumatoid arthritis follows, affecting one in 100 people. Neither form is reversible or curable.

Here's the good news: Many treatments, including self-management, can significantly reduce symptoms, allowing you to live well with the disease and continue to do the things you enjoy most.

**Osteoarthritis:
Wear and tear on joints**

Normal wear and tear on the cartilage that caps the bones in our joints causes many people to get osteoarthritis as they get older. But not everyone gets osteoarthritis as they age.

"Many things can make you more susceptible," says Dr. Patricia Mayer, a rheumatologist with the Arthritis & Rheumatology Clinic of Northern Colorado. Factors include genetics, injury, excess weight, the type of work you do, and getting older.

Osteoarthritis often appears after age 45. "But it's not a good idea to blame joint pain

Losing just 1 pound of body weight will remove 4 extra pounds of pressure on your knees and 6 pounds of pressure on your hips.

Source: The Arthritis Foundation

on age," says Mayer. "If you have swelling in one knee and not the other, you can't blame age, because both joints are the same age. Without getting a medical diagnosis, you could be missing something."



Dr. Michael Towbin, a family practitioner with Ultimate Health & Wellness, agrees. "It's worth paying attention to symptoms early," he says. "A healthcare provider may recommend different exercises that won't aggravate the joint or may connect you with a practitioner who can help relieve symptoms, before more serious damage occurs."

Treating osteoarthritis

Reducing inflammation and stress on joints and keeping the body strong and mobile are essential to living well with osteoarthritis. "We should all be eating well and moving daily — those are basics," says Towbin.

If an activity such as running is causing pain, Towbin advises patients to listen to their bodies and modify their activity. Non-impact

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- programs and services** Connections

Family Dental Clinic

Dental Connections

Health Promotion

Prescription Assistance

Community Impact Team

Integrated Primary Care/
Mental Health Program

CHP+/Medicaid
Outreach Project

Healthcare Matters

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A Change in Health District Services

Nutrition, immunization services to end

by richard cox

The Health District is made for change; it's part of our mission. Sometimes that change is exciting, and sometimes it is difficult.

Next year will mark one of those transitions as the Health District discontinues two long-running services that have been part of the Health Promotion program.

Beginning in 2012, the Health District will no longer offer nutrition services, which includes individual nutrition counseling, cooking classes and the Healthy Weighs weight-management program.

While nutrition services were of great benefit to some individuals, they did not result in the type of broad community health improvement that the Health District Board of Directors looks for in our programs.

Adult flu immunization by the Health District also will cease at the end of this year, mainly because flu immunization is now widely available throughout the community.

The Health District's two other Health Promotion services, heart-health screening and smoking cessation counseling, will continue unchanged. Information on these and other continuing services is listed on page 8.

The decision to end nutrition and immunization services was difficult and in no way reflects the quality of the services or the dedication and professionalism of the people who have staffed the programs over the years.


Residents looking to find nutrition and flu immunization services in the community will still be able to search online for resources using HealthInfoSource.com

Registered dietitians Dianne Moeller and Chris Bachman have helped Health District clients make more nutritious food choices for more than 13 years. In addition to providing individual nutrition counseling, both taught Healthy Weighs weight-management classes. Moeller also taught a series of popular cooking classes.

The Health District thanks Dianne and Chris for their dedication to the health and well-being of their clients. We also thank all of the others who have contributed to nutrition services over the years, including the physical-activity counselors and other staff, along with many volunteer assistants.

This is not the first time the Health District has ended a long-running program. In 2004, Health Van was discontinued when changes in local health services rendered it unnecessary. Such changes reflect the Health District's goal of providing cost-effective services that respond to evolving community health needs.

The Board of Directors continually monitors the effectiveness of Health District programs, and every three years it does a sweeping assessment of community health needs that takes into consideration local and national data, as well as other factors. The board then sets priorities for the Health District as it seeks to use the agency's limited resources to create the greatest possible health impact for the community.

This change in services, as with all actions by the Board of Directors, is guided by the Health District's mission of creating a healthier community. 



Healthy Holiday Fare

Wow your guests with wholesome party appetizers

by nancy nichols

During the holiday season, festive foods greet us at every turn. But traditional holiday fare doesn't always fare well nutritionally.

Why not put an exhilarating spin on family get-togethers and office parties this holiday season? Commit to preparing and serving healthy homemade appetizers, and you'll help avoid the dreaded winter weight gain while improving the nutritional value of the holiday foods you serve.

To start, forget the usual fried foods, sugary desserts, salty chips and white bread. Instead, go for tasty, satisfying appetizers that rely on fruits, veggies, beans, nuts and whole grains for flavor and nutrition.

"Think about the colors of the food you'll serve. Go for a bright, colorful palette to liven up your table," says Dianne Moeller, a registered dietitian at the Health District and founder of a new company called Elegantly Simple. "If your holiday table showcases beautiful, colorful whole foods, you'll be ensuring plenty of nutritious fruits and veggies."

Fresh fruits and veggies in bite-size proportions make perfect finger food for holiday parties and are quick and easy to prepare for family and guests. All variety of nuts are also great holiday offerings, especially raw, unsalted nuts that you can jazz up with various herbs and spices and quickly roast in the oven.

If you like delving into dips, try a recipe that's both nutritious and delicious (see "Muhamara"). And if you use a bread for dipping, you can easily boost the nutritional value by ensuring it's whole-grain.

Many websites offer healthy recipes for the holidays, including:

Eating Well — www.eatingwell.com

Cooking Light — www.cookinglight.com

You can also find healthy-recipe cookbooks at most bookstores and the public library.

To make sure you're not without ideas this holiday season, we're offering up two of our own favorite recipes.



Spinach, Mushroom and Swiss Crustless Quiche Squares

- | | |
|---|---|
| Cooking spray | 3/4 cup reduced-fat milk |
| 1 tablespoon extra-virgin olive oil | 1 teaspoon freshly grated nutmeg |
| 2 cups (about 1 onion) thinly sliced yellow onion | 1-1/2 cups shredded Swiss cheese |
| 1 pound button mushrooms, thinly sliced | 1 (16-ounce) bag frozen chopped spinach, thawed and squeezed to remove as much liquid as possible |
| 3/4 teaspoon salt and 1/2 teaspoon freshly ground black pepper, divided | |
| 6 eggs | |

Preheat oven to 350°F, and grease a 9-inch square pan with cooking spray; set aside.

Heat olive oil in a large skillet over medium-high heat. Add onion and cook until golden brown, 7 to 8 minutes. Add mushrooms, 1/2 teaspoon salt and 1/4 teaspoon pepper, and cook until liquid is absorbed, 10 to 12 minutes; set aside to cool.

In a large bowl, whisk together eggs, milk, nutmeg and remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Add cheese, onion, mushrooms and spinach, and mix well.

Transfer to prepared pan, spread out evenly and bake until set in the middle and golden brown, about 45 minutes. Let cool 10 or 15 minutes; cut into 24 squares and serve.

Source: Whole Foods Market, Inc.



Muhamara

Muhamara is a spicy, nutty, Middle Eastern red pepper paste that is reminiscent of hummus in texture. It makes a great dip. You can also mix a bit of hummus into the muhamara to make spicy, peppery hummus.

- 2 medium red bell peppers (roasted, peeled and seeded)
- 3/4 cup chopped walnuts (toasted)
- 2 tablespoons pomegranate molasses (available in spice shops)
- 1/4 teaspoon salt
- 1/4 teaspoon cumin
- 2 tablespoons bread crumbs
- 1-1/2 teaspoons dried red pepper flakes (Aleppo pepper is perfect for this use)
- 2 teaspoons fresh lemon juice

Place all ingredients in the blender. Puree until almost smooth (a few small chunks of walnut are okay). Transfer to a serving dish. If desired, drizzle with olive oil. Serve with whole-grain pita bread. Serves 6.

and low-impact exercise such as swimming, water aerobics, walking, cycling and yoga lubricate joints and strengthen muscles, so they'll better support the joints.

"Adjunct treatments such as physical therapy help relieve pain and improve range of motion," says Mayer. "Plus, physical therapists are trained to show patients exercises that are most appropriate for them."

Complementary therapies such as acupuncture, Rolfing and massage can help.

In 2003, after being diagnosed with osteoarthritis, Judy Laible of Loveland turned to acupuncture. The pain in her hands and feet was keeping her awake at night.

"I don't like taking lots of medications, so when Dr. Towbin recommended acupuncture, I decided to try it," Laible says.

She's found that acupuncture helps her sleep well for several nights after the treatment. At home, she uses a TENS unit, which electrically stimulates nerves, to help relieve pain between acupuncture sessions.

Acupuncture combined with regular exercise, good nutrition and an anti-inflammatory drug she can tolerate, allow Laible to continue working and doing what she enjoys.

Corticosteroid injections also can reduce pain and inflammation caused by osteoarthritis but must be used with caution. Nonsteroidal topical medications are safer and can also be effective.

"The supplement glucosamine/chondroitin has been shown to do a fairly good job helping to control pain," says Mayer.

Rheumatoid arthritis: An autoimmune disease

Rheumatoid arthritis occurs when the immune system goes haywire, attacking the synovial membrane around a joint, creating fluid buildup and causing the membrane to swell. Rheumatoid arthritis is a chronic disease that can spread throughout the body and is often characterized by flare-ups and periods of remission.

No one really knows what causes rheumatoid arthritis. Scientists believe a combination of environmental and genetic factors and, possibly, infectious agents, are involved. Women are three times more likely to get it than men. More than 300,000 children have been diagnosed with a related form of the disease, juvenile arthritis.

You might suspect rheumatoid arthritis if:

- You have pain and swelling, mainly in the small joints of the hands and feet.



Judy Laible benefits from regular workouts at Chilson Recreation Center in Loveland as part of her treatment for osteoarthritis.



- The pain affects the same joints on both sides of the body.
- The affected areas are warm to the touch.
- Joint stiffness in the morning is severe.
- Joints feel better after warming them in hot water and moving them, but get stiff again after movement stops.

Because the disease is systemic, you may also feel fatigued, have a slight fever and lose your appetite.

Early diagnosis and treatment are critical

"It's really important to get an early diagnosis," says Mayer.

Untreated, rheumatoid arthritis can permanently damage tendons, cartilage, ligaments and even the ends of bones; cause deformity and disability; and spread to organs. Early diagnosis and effective treatment can slow the progression of the disease and prevent such damage from occurring.

Treatments include steroids and nonsteroidal anti-inflammatory drugs, which reduce inflammation and alleviate symptoms, and disease-modifying antirheumatic drugs that modify the disease or put it into remission. Sometimes doctors recommend using both types of drugs.

As with osteoarthritis, regular exercise — including strength training, stretching and appropriate aerobic activity — will help control weight, improve muscle strength and boost energy. Eating a balanced, healthy diet high in fruits, vegetables, fish and olives can help reduce inflammation; vitamin D and selenium may prevent the onset or spread of the disease. ✨

6 Ways to Keep Your Joints HAPPY

1. Shed excess pounds. We already know that extra weight increases joint wear and tear. New research further suggests that excess body fat sends joint-damaging chemicals throughout the body. Begin now to keep weight gain at bay and lose any extra pounds.

2. Engage in regular exercise that's kind to your joints. Your car performs better when you lube it regularly and don't leave it sitting for long periods. So does your body. Moderate daily exercise is key to keeping all your body's parts in good working order.

3. Take a supplement. Many people get relief from joint pain by taking a daily dose of glucosamine and chondroitin.

4. Get PT. A physical therapist can help you better understand your body's mechanics and prescribe ways you can keep it moving effectively.

5. Consider alternative therapies. "Acupuncture is very effective, especially for arthritis in the knees and back," says Dr. Michael Towbin with Ultimate Health & Wellness. "Rossiter [a stretching technique] works well for shoulders and hips, and Rolfing for backs, necks and hips."

6. If you experience recurring or persistent joint pain, seek professional help. Getting an early diagnosis and embarking on an effective treatment plan will reduce the risk of further damage to your joints and put you on a path to living well with the disease.

For more information, visit www.arthritis.org.



support to help working families get ahead

by kelly k. serrano



When Bertha Castro and Irene Sanchez came to Colorado more than a decade ago, they left their support system of family and friends back in Mexico. Fortunately they found a new kind of family at The Family Center/La Familia in Fort Collins.

Established in 1995, The Family Center/La Familia provides key services that support and strengthen working families in our community.

Both Castro and Sanchez have participated in the center's Parents as Teachers monthly play-group and home-visitation program for children up to 5 years old. Taught in both English and Spanish, the program educates parents on how to assess and interact with their children as well as enhance their children's physical, social and emotional development.

"I really liked the style of teaching, how the children interacted and how they interacted with the different activities," Castro says.

"The program really helped with my son," says Sanchez. Being around other children in the Parents as Teachers program is what encouraged her then 9-month-old son to crawl, she says.

The center's primary focus is maintaining and enhancing the quality of life for low-income working families with young children, says Margarita Hernandez-Ellis, co-executive director. It does so through quality childcare, after-school tutoring, parent-enrichment programs, wellness screenings, resource referrals, a community garden and other vital services.

"The heart of it is to basically allow our families to be self-reliant and get the children ready for school," Hernandez-Ellis says.

Stephane Tillman, co-executive director, says the center does not restrict its services

based on income. But because its programs are generally free or available on a sliding scale, the majority of its clients' incomes are well below the poverty rate, and many are Hispanic.

Hernandez-Ellis says that, if not for The Family Center/La Familia, many clients wouldn't seek out assistance because they don't speak English, may be illiterate, have limited income or just have a "fear of the unknown."

For adults, the center offers computer, cooking and budgeting classes; parenting support; and referrals. School-age children benefit from health and fitness programs, tutoring and nutrition activities. In addition, the center offers dental, vision, hearing and health screenings for children.

For services the center doesn't provide, "We connect the families with other organizations across the community," Hernandez-Ellis says.

As needed, the center partners with or refers clients to community resources such as the Northside Aztlan Community Center, the Food Bank for Larimer County, Project Smile, the Colorado Health Foundation or the Larimer Center for Mental Health.

Cindi Young, a single mother of three, was pregnant with her second child when she moved to Fort Collins. She was at a loss for how she could afford childcare while fulfilling her ambition of attending college.

Then she found The Family Center.

Young says the center has helped her immensely by providing childcare on a sliding fee scale for her two younger children while she attends classes at Colorado State University. And her oldest child has gotten involved in the center's youth activities and after-school programs, learning social skills and receiving help with homework.

Young has participated in the Parents as Teachers program and has received referrals to other resources in the community. She also receives ongoing parenting support.

"There's no [other] place I could have gotten my kids into daycare," says Young, who this month will graduate from CSU with a degree in human development and family studies.

Without The Family Center, she says, "I think I probably would have had to put my degree on hold." ✨

Where to get help

The Family Center/La Familia provides programs to strengthen families, including a childcare center with sliding fees; an after-school youth activities and tutoring program; Parents as Teachers play-group and home-visitation program for children up to 5 years old; and referrals to other community resources. It also offers health screenings for children, flu vaccination clinics, a nutrition program and school-readiness instruction.

The center has 15 full-time and five part-time staff, and a team of volunteers. The center has relied on grants for much of its funding and, as those resources become more scarce, is seeking new community support to ensure its ability to help local families.

309 Hickory Street #5, Fort Collins
(970) 221-1615

info@thefamilycenterfc.org | www.thefamilycenterfc.org
Childcare: 6:30 a.m.–6 p.m. Monday–Friday
General services: 8 a.m.–5 p.m. Monday–Friday

Healthcare Reform Roundup

What's happening as a result of federal legislation

by richard cox



There is so much talk these days about what will (or what might) happen in the future with national healthcare reform legislation that it's easy to overlook what already has happened.

No copay for your last mammogram or the kids' most recent immunizations? That's the Patient Protection and Affordable Care Act. Lower prices for Medicare prescriptions? Again, that's healthcare reform.

Here is a rundown of provisions already in place that are likely to affect consumers.

No copays, deductibles or cost sharing for preventive care with some health plans

Unless a private health plan is considered to be "grandfathered" (it was in existence on March 23, 2010, and hasn't changed significantly since then), it must now cover many preventive services at no cost to the consumer, including common immunizations and screenings for heart disease, cancer, depression and other serious chronic conditions. No-cost preventive services are also available for people enrolled in traditional Medicare.

Reduced prescription pricing for Medicare Part D

Enrollees in Medicare Part D now pay just 50 percent of the cost of brand-name drugs and get a 7 percent discount on generic medications. The revised pricing, which took effect this year, is part of an ongoing series of changes that will continue to reduce out-of-pocket expenses for enrollees in the Medicare prescription drug plan. Next year, the discount on generic medications increases to 14 percent. In another change to both Medicare Part D and Medicare Advantage, the annual enrollment period moved up to Oct. 15, alleviating some of the end-of-year confusion caused by the previous enrollment schedule.

Young adults can stay on parents' health insurance until age 26

Qualifying young adults up to age 26 can remain on their parents' health insurance as long as they are not eligible for another employer-sponsored health plan. The National Center for Health Statistics estimates that nationwide an additional 900,000 adults ages 19–25 gained health insurance during the first year this provision was in effect.

No lifetime limits on coverage

Individual and group health plans may no longer impose lifetime limits on coverage. These are dollar limits on coverage provided during a person's lifetime. While they may seem high and often are never reached, a catastrophic injury or chronic illness easily could max out a person's lifetime coverage. Insurers also are barred from imposing annual coverage limits on a number of "essential health benefits," including emergency services, hospitalization and preventive services.

Children with pre-existing conditions cannot be denied coverage

Children with pre-existing conditions may not be excluded from their parents' health plan. Insurers also are not allowed to insure a child but deny treatment for that child's pre-existing condition. In 2014, these same provisions will extend to adults with pre-existing conditions. A state law passed earlier this year requires all insurance carriers that offer individual health plans for adults in Colorado to also offer at least one child-only plan. Open enrollment for these plans is in January and August.

Health plan for people with pre-existing conditions

People unable to get health insurance because of a pre-existing condition may be able to get coverage through GettingUSCovered, a comprehensive new plan for Colorado residents who have a pre-existing medical condition and have been uninsured for at least six months. It's one of the temporary high-risk pools established as part of the past year's healthcare reform legislation. Coverage begins immediately after a person is accepted into the plan. Once enrolled, participants have coverage for primary and specialty care, mental-health services and prescriptions. If you have been uninsured for less than six months, you may be able to get coverage from an existing program, CoverColorado. If you've been uninsured for more than 90 days, however, you would have a waiting period before your pre-existing condition is covered.

Where to find MORE INFO

U.S. Dept. of Health and Human Services
www.healthcare.gov

State of Colorado
www.colorado.gov/healthreform

GettingUSCovered — for uninsured Coloradans with pre-existing medical conditions
www.gettinguscovered.org
(877) 779-0387 (toll-free)

CoverColorado
www.covercolorado.org

Links to helpful resources on HealthInfoSource
(click on "Healthcare Reform")
www.healthinfosource.com/topics

Healthcare

Matters! Too important to ignore

Healthcare is something we all need at some point in our lives. Because it's too important to ignore, the Health District wants to hear from residents about what matters most to them concerning healthcare.

To do that, the Health District in January will launch Healthcare Matters, a series of community conversations aimed at uncovering people's values around healthcare. That information later will be passed on to decision makers at the state level.

Healthcare Matters is a three-year project funded by The Colorado Trust. It is one of 14 different projects being funded to increase understanding of healthcare issues, as well as support for improved health coverage and a more

effective, cost-efficient healthcare system. Besides the Health District, participating organizations include 9Health Fair, Colorado Public News and the Colorado Medical Society.

"We believe it's important for people to have a voice in this matter because decisions about healthcare are too important to be left solely to others," says Chelsea Williams, coordinator of Healthcare Matters.

Instead of debating policy or trying to change minds, Williams says the focus of the local discussions will be on exploring people's underlying values as they relate to health and the healthcare system. "We want people to pause and think deeply about their values and their experiences using healthcare," she says. Participants will be encouraged to express how they want healthcare to work for them.

The Health District will take what is learned from the approximately 80 planned community conversations and share it with participants, the community and state legislators — thus giving participants a voice on the issue.

For more information about Healthcare Matters, contact Chelsea Williams at (970) 224-5209 or cwilliams@healthdistrict.org.

NAMI Volunteer of the Year



Patti Marqui-Hilker, a mental health client advocate at Connections, received a 2011 Volunteer of the Year award from the Colorado chapter of the National Alliance on Mental Illness. Marqui-Hilker received the award Oct. 14 at the Colorado NAMI annual conference in Denver. Her nomination lauded her efforts to singlehandedly rebuild the Larimer affiliate organization, recruiting a board of directors and pushing forward on public policy and budget issues greatly impacting the local community. Congratulations, Patti!



advisory committee seeks new members

We are looking to fill vacancies on the Health District Compass Advisory Committee. The group meets four times a year at the Health District to review the previous issue and brainstorm possible future story topics of interest to the public. Candidates must live within the Health District. If interested, please fill out and send in this application.

Name _____

Address _____

City _____ ZIP _____

Phone _____ Occupation _____ Age _____

Why do you want to be on the Compass Advisory Committee? What knowledge/perspective would you bring? (Attach additional sheet if necessary.)

Mail application to: Compass Advisory Search, Health District
120 Bristlecone Drive, Fort Collins, CO 80524

Applications must be received by January 9, 2012.

classes, screenings and services

heart-health screenings

Find out your total cholesterol, HDL, LDL, triglycerides and blood glucose. Health District residents who have never received our screening are eligible to receive their first screening for free. Cost for all others is \$15. Sliding fees available.

Celebrate American Heart Month! Screenings are FREE in February for those who have not been tested in the previous six months.

All screenings are 8:15–10:30 a.m. unless otherwise indicated. Appointments are required; call (970) 224-5209. No walk-ins are accepted for cholesterol tests. A 12-hour fast is required; water and medications are permitted.

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

Colorado State University
Lory Student Center
(CSU students, faculty and staff only)
Feb. 15

Fort Collins Club
1307 E. Prospect
March 20

Fort Collins Senior Center
1200 Raintree
Dec. 15
Jan. 3
Jan. 19
Feb. 4 (special Saturday clinic!)
Feb. 7
Feb. 16
Feb. 28
March 6
March 15

Harmony Library
4616 S. Shields
Jan. 31
March 27

Health District
120 Bristlecone
Jan. 26
Feb. 23
March 22

Larimer County Courthouse Office Building
200 W. Oak
Dec. 13
Jan. 10
Feb. 14
March 13

Spirit of Joy Lutheran Church
4501 S. Lemay
Jan. 5
Feb. 2
March 1



blood pressure checks

OFFERED MONTHLY!

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.



stop smoking

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.

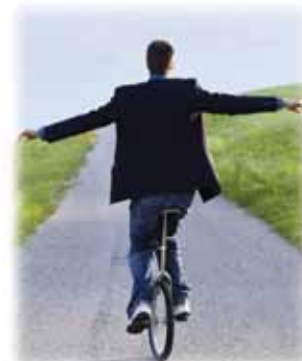
Group Sessions — Our next six-week Step Free stop-smoking class starts on Jan. 12 at 6 p.m. The class runs through Feb. 16.

Individual and Work-group Sessions — Individual and couples sessions are offered continuously at the Health District, and on-site classes are available for work groups (six or more).

For residents of northern Larimer County, the Step Free program (group or individual) costs \$10 to \$100, depending on household income. A \$5 to \$50 rebate is awarded to qualifying participants who attend all six sessions.

For a free introductory session to determine if the Step Free program might work for you, or for information about work-group sessions, contact the Health District at (970) 224-5209.

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



additional services

Eligibility requirements vary for these services. For specific eligibility requirements, check the Health District website at www.healthdistrict.org or call the number listed. Sliding fees are available for most services.

Connections A partnership with Larimer Center for Mental Health
Mental health and substance abuse resources
525 W. Oak St. • (970) 221-5551

Family Dental Clinic
Affordable dental care for both children and adults
202 Bristlecone Drive • (970) 416-5331

Dental Connections A partnership with the Women's Resource Center
Referrals to dentists and help finding affordable care
202 Bristlecone Drive • (970) 493-3366

CHP+/Medicaid Outreach Project
Assistance with enrollment in public health insurance
120 Bristlecone Drive • (970) 472-0444

Prescription Assistance
Help with affordable prescriptions
120 Bristlecone Drive • (970) 416-6519

Health District
OF NORTHERN LARIMER COUNTY

Online health resources to keep your family active



HealthInfoSource — a comprehensive guide to local healthcare providers, topics and events.

- Local and up-to-date!
- Quick and easy searching!
- Free and noncommercial!

[healthinfo source.com](http://healthinfo.source.com)

Sponsored by Health District of Northern Larimer County, PVHS & Larimer County Health Department