

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.

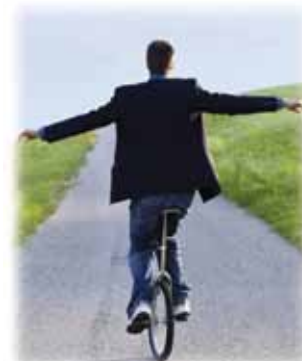
Group Sessions — Our next six-week Step Free stop-smoking class starts on Jan. 12 at 6 p.m. The class runs through Feb. 16.

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