

Health Resources

National Websites *(General health, nutrition, and heart health information)*

1. **American Heart Association:** www.heart.org
2. **American Diabetes Association:** www.diabetes.org
3. **Mayo Clinic:** www.mayoclinic.org
4. **Cleveland Heart Clinic:** <https://my.clevelandclinic.org>
5. **Center for Disease Control:** www.cdc.gov
6. **National Institutes of Health:** www.nih.gov
7. **National Heart, Lung, and Blood Institute:** www.nhlbi.nih.gov
8. **WomenHeart:** www.womenheart.org

Larimer County and Fort Collins Resources and Classes

Health Education

- A. **UCHealth:**
 1. **Aspen Club:** <https://www.uchealth.org/aspenclub>
 2. **Enhance Wellness:** <https://www.uchealth.org/services/community-health/health-management/>
 3. **Living Well with Chronic Disease:** Call 970.221.6644 for current class schedules. <https://www.uchealth.org/events/events/living-well-with-chronic-disease/>
- B. **Kendall Reagan Nutrition Center:** www.nutritioncenter.chhs.colostate.edu/
- C. **Senior Center:** <https://www.fcgov.com/seniorcenter/>
- D. **City of Fort Collins Recreation Dept.:** <https://www.fcgov.com/recreation/>

Exercise/Fitness

- A. **CSU Adult Fitness:** www.hes.chhs.colostate.edu/outreach/adultfitness
- B. **City of Fort Collins Recreation Dept.:** <https://www.fcgov.com/recreation/>
- C. **City of Fort Collins Recreator:** <https://www.fcgov.com/recreator/>
- D. **Senior Center:** <https://www.fcgov.com/seniorcenter/>
- E. **Northside Aztlan Community Center:** <https://www.fcgov.com/recreation/north-aztlan.php>

Lists/Information on Local Health-Care Providers

- A. **HealthInfoSource:** www.healthinfosource.com/
- B. **Northern Colorado Medical Society:** www.nocomedsoc.org/

General

- A. **Office On Aging Services:** <https://www.larimer.org/humanservices/aging/ooa>
- B. **Health District of Northern Larimer County:** www.healthdistrict.org
- C. **Larimer County Department of Health and Environment:** www.larimer.org/health
- D. **Christ Clinic:** <http://www.christclinicfc.org/>