Health Resources

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

1. American Heart Association: www.heart.org
3. Mayo Clinic: www.mayoclinic.org
4. Cleveland Heart Clinic: https://my.clevelandclinic.org
5. Center for Disease Control: www.cdc.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/