



American Heart Health Month
by [The American Heart Association](http://www.heart.org)



Some Heart Facts

- Heart disease is the leading cause of death for men & women in the US causing 1 in 4 deaths annually.
- Making healthy choices & managing health conditions can often prevent heart disease.
- Risk can be lowered by maintaining a healthy weight, quitting smoking & avoiding secondhand smoke, controlling cholesterol & blood pressure, drinking alcohol only in moderation or not at all,

Over-the-Counter(OTC) Medication Safety

Flu & winter colds have many searching for relief of aches, pains & congestion. For mild to moderate symptoms get rest & drink plenty of fluids. Discuss OTC medication use with your doctor & know the potential side effects & risks.

Decongestants like pseudoephedrine or phenylephrine constrict blood vessels which can exacerbate high blood pressure & heart disease. Avoid when possible. Use nasal saline or antihistamines instead if possible.

NSAIDs warning labels indicate increased risk for heart attack or stroke due to reduced sodium excretion causing fluid retention & increased blood pressure. Acetaminophen is an alternative or topical NSAIDs.

Consult with your healthcare provider prior to OTC medication use - especially if you have heart failure, uncontrolled high blood pressure, heart palpitations, heart disease/risks or have had a heart attack or stroke.



Getting Active & Managing Stress

Most of us understand that moving more & managing stress are crucial to wellness, heart health & one's state of mind but sometimes it's hard to get started.

Let Foothills help!

Join us for events, clubs & excursions for social fun to decrease stress!



"I make a motion that we all make more motions."

- **Vino & Valentines— 70's Party-** FRI 2/8 Get groovy getting into motion or just enjoy the good meal, wine & friends!
- **Clubs** - the perfect opportunity to take time for you, manage stress, relax & focus on something other than day to day worries —Bridge, Mahjong, Knit & Crochet.

Get moving with Fitness classes!

- Connect, Breathe, & Move in **Mind Body Fitness Classes** designed to bring you into balance. Try **FREE Chair Yoga WED 11am 1/30** at Peak with Kim Severa; no registration required.
- Have limitations? Check out **Defer the Disease Programs-** Call 303-409-2114 for details.
- Schedule a senior fitness assessment (free to AO/SS/S&F) to find your baseline; call 303-409-2264 to schedule or get further recommendations.

Sign up for **Senior Adult Program Orientations** to learn more about overall fitness & senior offerings.

If you don't schedule time for exercise, you'll eventually have to make time for illness.

Active & Senior Adult Updates

All programs are at Peak Community & Wellness Center
—unless otherwise designated.

FITNESS HIGHLIGHTS & LINKS

CHAIR YOGA



FREE Class
WED 11-11:50am
1/30

Join Kim Severa for a FREE Chair Yoga class WED, 1/30, 11am at Peak. We hope to add this class to our Mind-Body Drop –in schedule. Registration is NOT required; please just show up!

[Fitness Class Info & Drop-in Class Schedules](#)

ORIENTATIONS

[Strength Training Orientations](#) - WED 2/13
Learn to use equipment & get a base strength program.

[Pilates Orientations](#) - learn basics of Pilates-principles & foundations

REGISTRATION CLASSES -sessions begin FEB 3.

[Strength Training for Senior Adults](#) - group weight room class led by a personal trainer

[Pilates Reformer](#) - exercises to build control & balance the body, while increasing strength

[FREE Health Talks](#)

FRI 11am-12pm 3/8

[Natural Hacks to Support Healthy Mood](#)



[Personal & Group Training](#) - call 303.409.2263

Discounted rate for AO/SS/S&F: \$35 (ND: \$46)

[Massage & Alternative Therapies](#) - Deep Tissue, Swedish, Sports & Chair Massage, Reflexology, Reiki & Craniosacral Therapy. AO/SS/S&F: 10% discount



Defer the Disease

Details:: 303-409-2114

EXCURSIONS

Trips include transportation & depart from Peak. NO refunds after deadline dates; registrations are possible as long as it is open/available to register. Register for the waitlist for full trips!



[Xanadu \(Garner Galleria\):](#)

W 6-10:45pm 2/27 Only 4 tickets left!

Deadline extended to: 1/31

Based on cult classic movie starring

Olivia Newton-John & Gene Kelly - hilarity on wheels.



EVENTS & ACTIVITIES

[FREE Lunch-n-Learn](#) - MON 12:30-2pm 2/25

[Long-Term Care Seminar](#) by [Colorado Credit Union](#)

Registration required for this event.



Vino & Valentines
Groovy 70's Party
FEB 8, 2019
6:30-9 PM

Dust off your bell bottoms,
grab your boogie shoes,
and hustle over to
Peak Community & Wellness Center
for Dinner, Dancing & DJ Phil!

Price: \$18 (Non-District: \$24)
21 years of age and older
Register at
www.foothills.org/go/
303-409-2264

Foothills
Park & Recreation District