

# Lifestyle Health Program Newsletter

June | 2022

## Living Well with Chronic Disease FREE workshop!

**When:** Thursdays, June 9th - July 21st

**Time:** 5:15-7:30pm

Discover practical skills and “tools” to help better manage pain, blood pressure, or diabetes. Learn about nutrition and benefits of moving, goal setting, and problem solving. Together, let’s take those small steps towards living well.

[Register here](#)

## Fitness Updates



### Summer Fitness Challenge: June-August

- Natural Areas Challenge: A map will be sent out with the 6 natural areas in Fort Collins, mark them off throughout the summer as you visit each spot.
- Turn your completed map in at the end of August to **earn points in Wellworks and for a chance to win a prize!**
- Register [here](#)

### Classes

- **Fitness classes:** We are back! In person and online options available, every Monday and Wednesday 1030am and 430pm.
- **Yoga classes:** Tuesday Yoga for Everybody online, Thursday Yoga for Relaxation in person and online (you can decide how you'd prefer to attend)!
- Email Mira if you'd like the Teams invites or have any questions about in person classes

### How is your fitness journey going so far this year?

- Need accountability or motivation? Email [Mira](#) to schedule a Fitness Assessment!

## Nutrition Updates

Summer is a great time to do some healthy grilling!

Check out these healthy [Summer Recipes](#).

Email [Sarah](#) to sign up for a Summer Nutrition Check-in!

## Upcoming Virtual Cooking Class

Wednesday July 20, 2022  
12:00-1:00pm

### Garden-Fresh Summer Cooking!

- Join Sarah, virtually, from your kitchen - and cook along with her!
- Learn how to incorporate garden-fresh goodness into super easy, delicious and healthy recipes!
- Featured seasonal recipes will be announced closer to the date.



## Virtual Class

Recipes and full ingredient list will be provided ahead of time.

[Register Here!](#)



*"Life is all about balance. You don't always need to be getting stuff done. Sometimes it's perfectly okay, and absolutely necessary, to shut down, kick back, and do nothing."*  
-Lori Deschene



### Fitness Class Schedule

**Monday** 10:30-11:15am; 4:30-5:15pm  
**Wednesday** 10:30-11:15 am; 4:30-5:15pm

Fitness classes are virtual only for the time being. [E-mail Mira](#) for the virtual class link.

### Yoga Class Schedule

**Tuesday** 5:30-6:30pm  
**Thursday** 4:30-5:15pm

Yoga classes are virtual only. [E-mail Mira](#) for the virtual class link.

# Contact Information

## UCHealth Lifestyle Health Program

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