UPCOMING CHRONIC DISEASE SELF-MANAGEMENT CLASSES

LIVING WELL WITH LIFELONG HEALTH ISSUES

- In-person: Wednesdays, Jan. 18–22, 1-3:30pm, UCHealth Medical, 1106 E. Prospect Rd., Ste. 100, FC
- Virtual: Thursdays, Feb. 9-March 16, 5:30-7:30pm, meeting link sent via email upon registration

LIVING WELL WITH DIABETES

- Virtual: Tuesdays, Jan. 24-Feb. 28, 5:30-7:30pm, meeting link sent via email upon registration
- In-person: Wednesdays, March 29-May 3, 1-3:30pm, UCHealth Medical, 1106 E. Prospect Rd., Ste. 100, FC

CANCER: THRIVING AND SURVIVING (VIRTUAL)

- Virtual: Tuesdays, April 4-May 9, 5:15-7:30 pm, meeting link sent via email upon registration

HEALTHY EATING FOR SUCCESSFUL AGING

- In-person: Thursdays, March 2-April 6, 2-4pm, Fort Collins Senior Center, 1200 Raintree Dr., FC

For a full list of classes and/or to register, visit: www.uchealth.org/events and search: "living well" or name of class (e.g., Healthy Eating). Call 970-495-8560 or 970-495-7509 for additional information or help with registration.
THANKSGIVING
PARTY MENU

APPETIZER
Select the text to update it with your own. Use this space to add a description of your food or your appetizer options. The appetizer is usually the smallest portion and served before the meal starts. (Example: Cheese, fruit plate, or any type of finger food.)

FIRST COURSE
Select the text to update it with your own. Use this space to add a description of your food or your first course options. The first course is lighter than your main course. (Example: Salad.)

MAIN COURSE
Select the text to update it with your own. Use this space to add a description of your food or your main course. The main course is usually the largest portion. (Hint: If you’re serving a meat option, don’t forget to include a vegetarian/vegan option too.)

SIDES
Select the text to update it with your own. Use this space to add a description of your food or your side options. The side is usually a cooked vegetable. (Example: Green beans, corn, potatoes, and more.)

DESSERTS
Select the text to update it with your own. Use this space to add a description of your food or your dessert options. The dessert can be served hot or cold. (Example: ice cream, fruit, dessert wine, and more.)