## RED DRESS MONTH

The Bob L. Burger Recreation Center, in partnership with The Heart Truth, a national awareness campaign warning women about their risk of heart disease, is promoting this **FREE** program for men and women.

## KICK OFF NATIONAL WEAR RED DAY

**FRIDAY, FEBRUARY 7**

Stop by the table in the entry way…pick up educational materials with heart health information, register to win door prizes, purchase your red dress pin and **WEAR RED**.

## HEART HEALTHY WORKSHOP
## *TRANSFORMING STRESS FOR A HEALTHY HEART*

**PRESENTED BY EXEMPLA HEALTHCARE**
**TUESDAY, FEBRUARY 11 6:00 - 7:00 PM CODE: 411355-A**

Learn how stress impacts your heart. You will learn techniques to practice that can help reduce stress, and how self-awareness can be utilized to transform stress and improve your heart health. *Panel: Dr. Wael Garas, Dr. Darlene Eyster & Jennifer Leonard, L.Ac.* ***Registration required at the Front Desk with Code #411355-A or with Exempla at 303-689-4595.***

## HEART HEALTHY WORKSHOP
## *YOGA FOR THE HEART*

**THURSDAY, FEBRUARY 20 6:00 - 7:00 PM CODE: 411355-B**
**PRESENTED BY EXEMPLA HEALTHCARE**

Yoga has been shown to improve heart health in both healthy individual and people diagnosed with heart disease. Learn and practice common forms of yoga that are also beneficial in recovery from coronary artery disease, hypertension, myocardial infarction and heart surgery. *Panel: Dr. Wael Garas & Shayan Landrum, L.Ac., Acupuncturist and Yoga Therapist - certified in Cardiac Yoga.* ***Registration required at the Front Desk with Code #411355-B or with Exempla at 303-689-4595.***

## CARDIO FITNESS CHALLENGE

**FEBRUARY 23-28**

Attend a heart healthy fitness class this week, register for great prize giveaways. Enter up to 5 times. Qualifiying classes will be listed at the front desk.

## WHAT SHOULD I EAT?

What should I eat? Come learn the super foods and what they will do for you. We will explore how diet and nutrition can help you.
Instructor: Pat Mescher
**Location: Senior Services**
**Min/Max 4/12**
**REGISTER BY: FEBRUARY 3**

| Code | R/NR | Day | Time | Date |
|---|---|---|---|---|
| 419211-1 | $28/$38 | Fri | 10-11:30am | 2/7-2/28 |

## VALENTINE'S DANCE AND DESSERT

**TUESDAY FEBRUARY 11**
**7-9 PM**
**SENIOR CENTER**
**$5R / $7NR**

Enjoy a little pre-Valentine's Day romance as you dance to the sounds of the Boulder Big Band. We will provide the chocolates and the extra sweetness!

**Register by February 4**
**Code #419701-1**
**Min/Max 20/40**

## TACOS AND TRUMPETS

Join us at Affinity in Lafayette for tacos and all the fixings prepared by our caterer! The Boulder Big Band will be here to help us have a fun evening.

**Location: Affinity Living Community, 860 W. Baseline Rd.** **Min/Max 20/40**
**REGISTER BY: MARCH 4**

| Code | R/NR | Day | Time | Date |
|---|---|---|---|---|
| 419702-1 | $5/$7 | Tue | 7-9pm | 3/11 |