



November 2017 Wellness News



Tuesday Nov 7th, 11a-12p, Wellness Classroom B: Acupuncture for Arthritis

Millions of older adults in the U.S. live with osteoarthritis. This painful condition of the joints interferes with daily life, impacting your ability to exercise, keep up with hobbies, and enjoy travel. Join Norah Charles of *Boulder Acupuncture & Herbs* for a talk on osteoarthritis. She will explain arthritic conditions from the perspective of Chinese medicine and offer treatment options for living with this chronic condition. No sign-up required.

Thursday Nov 9th, 9:30-11:30a, Wellness Outing to Davidson Mesa (depart FC at 9:15a)

A 3-mile loop of mostly flat, dirt trail with wonderful views of the Flatirons and snow-capped mountains. Option to cut across the open-space loop for a shorter distance. Restrooms near the trailhead. Sign up on Sign-Up Day or at the Front Desk.

Saturday Nov 18th, 8-9a, Walk with a Doc at East Boulder Community Center (depart FC at 7:40a-Walk 8-9a)

Walk and talk with Dr. Nelson Trujillo and other guest Boulder Community Health physicians. Frasier will be providing transportation to these once-a-month walks whose locations change each month. This month, Wellness Exercise Specialist Julie Schlegel will accompany Frasier residents who want to attend this walk. Sign up on Sign Up day or at the Front Desk.

Tuesday Nov 21st 11:00a, Classroom B, Rehab Discovery Series: "Laughter is the Best Medicine!"

Join Director of Rehab Anne Webster as she discusses research about the use of therapeutic humor that has the power to motivate, alleviate stress and pain, and improve your sense of well-being. Short lecture on the benefits of humor followed by a sharing of common humorous stories and jokes.

Wednesday, November 29th, 11:30a-1p, 2nd Floor Dining Room, South Alcove, Nutrition 101 Luncheon: "Simple Tips for Holiday Eating"

Food and festivities are the theme this time of year and can be celebrated with a mindful plan to support healthy eating without denying yourself the pleasure of delicious foods. We will offer ten simple tips to enhance your season's food festivities. Sign up on Sign-Up Day or at the Front Desk. Attendees will pre-select their lunch from the daily menu and will be charged to their Frasier account. Space is limited. Contact Stephanie Willner, Wellness Coordinator, for additional information, x4318.

Thursday, November 30th, 3-4p, Assembly Room, "Cannabinoids and Medical Marijuana – Support for Aging, Illness, and Chronic Disease"

Join us for this informative lecture that will discuss the uses and potential benefits of medical marijuana in treating pain, chronic illness, cancer, and age-related disorders such as dementia and Alzheimer's. Dr. Joseph Cohen, D.O. is the founder of Holos Health and Journey2Life, two organizations that focus on functional wellness and complimentary treatments to enhance whole body health.

November Wellness Class & Program Updates

- Look for details to participate in the Espresso Bike Calorie Challenge leading up to Thanksgiving!
- No Wellness Center staff on Thursday Nov 23rd. Friday Nov 24th. Supervised strength training, 9a-12p.
- However, All-Levels Post-Feast Workout, Friday, November 24th, 10a – Classroom A