



The Harry and Jeanette Weinberg Health & Wellness Center

We are pleased to provide the services below; each requires an appointment.

Call (720.382.7838) for appointments and if you have questions about cost and insurance coverage.

Services by Appointment Only	Frequency	Location
1-on-1 Mental Health Counseling	By appointment only	Pikes Peak or Doxy
Audiology	By appointment only	Health Services Area
Chiropractic/Acupuncture	Monthly: 3 rd Tuesday afternoon	Health Services Area
CU Geriatric Medicine Clinic	M/W/Th *STARTING August 3 rd , 2020* Call #720.382.7800 for an appointment	Health Services Area
Dermatology	Monthly: 2 nd Thursday 9am – 12pm	Health Services Area
FREE Wellness Clinic	**ON HOLD DUE TO COVID**	Health Services Area
Podiatry Clinic	Monthly: 2 nd Fridays 9-12 pm	Health Services Area
VNA Foot Clinic	Monthly: 2 nd Wednesday 9-1pm	Health Services Area

The following classes and activities are OPEN and do not require an appointment.

Class	Frequency and Time	Location
Balance Mountain Program	**ON HOLD DUE TO COVID**	
Blood Pressure Clinic	**ON HOLD DUE TO COVID**	
English Help w. Marita	Wednesdays at 12:30 pm	ZOOM
Legacy's Move & Groove	**DVDS AVAILABLE – Contact Mandie**	DVD IN YOUR HOME
Gentle Yoga + Breath work	Wednesdays	Pikes Peak
Health Matters Education Series	**ON HOLD DUE TO COVID**	
Heart Conference	April 2021	Pikes Peak/Mt Evans
Heart Healthy Kavod Series	February 2021	Pikes Peak
Mindfulness Meditation Training	Tuesdays/Thursdays at 1:30 pm	Zoom
Soul of Aging	January 2021	Shul/Zoom
Strength and Balance	**DVDS AVAILABLE – Contact Mandie**	DVD IN YOUR HOME
Tai Chi	Tuesdays at 11am *Starting in August*	Zoom