



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	2 nd Tuesday/4 th Friday; by appointment only	Health Services Area
CU Geriatric Medicine Clinic	NOW TAKING NEW PATIENTS CALL: 720.382.7800	Health Services Area
Dermatology	4 th Tuesday; by appointment only	Health Services Area
Podiatry Clinic	2 nd Friday; by appointment only	Health Services Area
VNA Foot Clinic	3 rd Tuesday; by appointment only	Health Services Area

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

Program	Frequency and Time	Location/Room
Balance Mountain Program	**ON HOLD DUE TO COVID**	
Blood Pressure Clinics	**ON HOLD DUE TO COVID**	
Legacy's Move & Groove	**DVDs AVAILABLE - Contact Mandie**	DVD IN YOUR HOME
Gentle Yoga + Breath Work	Wednesdays	Zoom
Health Matters Education Series	**ON HOLD DUE TO COVID**	
Heart Healthy Kavod@HOME	February 2021	In your home
Virtual Heart Conference	June 2021	Zoom
Mindfulness Meditation Training	Tuesdays & Thursdays at 1:30 pm	Zoom
Soul of Aging	February 2021	Zoom
Strength and Balance	**DVDs AVAILABLE - Contact Mandie**	DVD IN YOUR HOME
Kavod Food + Hygiene Bank	Every other week; see forms for dates! Last distribution 4/19/21	Delivered to your door!