



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	Blue Spruce or Evergreen
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	Mondays at 9am	HWC/Pikes Peak
Blood Pressure Clinics	**ON HOLD DUE TO COVID**	
Ceramics (Think360)	October 2021 – Pre-registration only	HWC/Pikes Peak
Dance through the Decades	Thursdays at 830am	HWC/Pikes Peak or Zoom
Gentle Yoga	Tuesdays at 10am	HWC/Pikes Peak or Zoom
Health Matters Education Series	**ON HOLD DUE TO COVID**	
Heart Healthy Kavod@HOME	February 2022	In your home
Legacy's Drumming Class	2 nd and 4 th Thursdays at 12pm	HWC/Pikes Peak
Legacy's Strength Training Class	1 st and 3 rd Thursdays at 12pm	HWC/Pikes Peak
Mindfulness Meditation Training	Tuesdays and Thursdays at 3 pm	Shul Classroom
Soul of Aging	Fall 2021	Shul Classroom
Tai Chi	Wednesdays and Fridays at 930am	HWC/Pikes Peak
Virtual Heart Conference	May 2022	Pikes Peak/Patio