



The Harry and Jeanette Weinberg Health & Wellness Center

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

Call (720.382.7855) 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; call your care coordinator for a referral	Blue Spruce or Evergreen
Audiology	Scheduled as needed	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 for an appointment	Health Services Area
Dermatology	1 st Friday; by appointment only	Health Services Area
Optometry Clinic	3 rd Friday; by appointment only	Health Services Area
Podiatry Clinic	2 nd Friday; by appointment only	Health Services Area
Senior Smiles Dental Clinic	Scheduled as needed	Health Services Area
VNA Nail Clinic	3 rd Tuesday every 3 months; 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 and Wednesdays at 9am	HWC/Pikes Peak
Beginners English Class	Mondays at 10am	Shul Classroom
Boxing for Seniors	Tuesdays at 10-1030am	HWC/Pikes Peak
Citizenship Class	Thursdays at 10am	HWC/Blue Spruce
Gentle Yoga	Wednesdays and Fridays at 10am	HWC/Pikes Peak
Health Conference	May 2025	HWC
Heart Healthy Kavod	Wednesdays at 1115am in February	HWC/Pikes Peak
Book Club	Wednesdays at 1130am	HWC/Mt Blue Sky
Mindfulness Meditation Training	Mondays and Thursdays at 230 pm	HWC/Patio or Mt Blue Sky
Mindful Fiber Arts	Fridays at 11 am	HWC/Mt Blue Sky
Relaxation Hour	Fridays at 9am	HWC/Pikes Peak
Strength Training for Seniors	Fridays at 1230pm	HWC/Pikes Peak
Tai Chi	Tuesdays and Thursdays at 9am	HWC/Pikes Peak