



# 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 <sup>nd</sup> Tuesday/4 <sup>th</sup> 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 <sup>st</sup> Friday; by appointment only	Health Services Area
Optometry Clinic	3 <sup>rd</sup> Friday every 2 months; by appointment only	Health Services Area
Podiatry Clinic	2 <sup>nd</sup> Friday; by appointment only	Health Services Area
Senior Smiles Dental Clinic or CU Dental	Scheduled as needed	Health Services Area
VNA Nail Clinic	1 <sup>st</sup> 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
Book Club	Fridays at 1pm	HWC/Mt Blue Sky
Boxing for Seniors	Tuesdays and Thursdays at 10am	HWC/Pikes Peak
Dance for Health	4 <sup>th</sup> Thursdays at 10am	HWC/Pikes Peak
Gentle Yoga	Wednesdays and Fridays at 10am	HWC/Pikes Peak
Heart Healthy Kavod	February 18 <sup>th</sup> and 25 <sup>th</sup> at 11am	HWC/Pikes Peak
Herbalism Series w. Jenna	2 <sup>nd</sup> Wednesdays at 1pm	HWC/Pikes Peak
Low Vision Group	2 <sup>nd</sup> Wednesday at 10am	Gathering Room
Mindfulness Meditation	Tuesdays & Thursdays at 230 pm	HWC/ Mt Blue Sky
Mindful Fiber Arts	Fridays at 11am	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 & Thursdays at 9am	HWC/Pikes Peak