



# 2023 COMMUNITY WELLNESS PROGRAMS



**HRRMC Outpatient Pavilion**  
1000 Rush Drive, Salida, CO 81201



## Wellness U – Play an active role in your health!

Wellness U is committed to supporting and encouraging Chaffee County community members to play an active role in their health and health care. We believe that the health of our community defines and impacts the health of us all.

Wellness U's programming is designed with this in mind. We believe in a systemic approach to health and help you optimize your health while connecting you with your community.

Through support, collaboration and education Wellness U's goal is to help Chaffee County community members take the leading role in their health and wellness journey.

In good health,  
Savanna Klimesh, B.A., NBHWC, HRRMC Wellness U & Cardiac Rehab Program Manager

## A SUCCESS STORY

*I am a new person!*

*In many ways created largely by Wellness U and their programs.*

*Jon, Savannah, Austin and others of the staff have helped me greatly. They are specialists and physiologists trained in nutrition, exercise, aerobics, strength training and more. They are sensitive and responsive to one's needs and development.*

*Through the past year, with their expertise, I have achieved goals and physical well-being and health I never expected again.*

*(I now have further goals... athletic ability, extensive hiking and strength training. I am doing things I never dreamed possible at this age. Three years ago, I had a hip replacement and looked at the mountains I once hiked. Now it is possible I can hike them again. This past summer I enjoyed intense mountain biking, and now hiking. I look forward to exploring all of our wonderful territory again.*

*Also as a classically trained pianist, I have dexterity, reflexes, technique and physical flexibility I have never experienced before. As a result, I am now recording again.)*

*I highly recommend being with these exceptional people and their programs. It is a wonderful asset to anyone who is physically challenged, or who is in prime condition to develop even further and continue his or her wellness. Especially, it is a marvelous asset to this community.*

*I urge you to join them.*

*Larry Porter*



HEART OF THE ROCKIES  
REGIONAL MEDICAL CENTER

Heart of the Rockies Regional Medical Center's mission is to enhance the health of our community through the delivery of personalized and exceptional care. Our vision is to be the healthcare provider of choice for our region as a world-class rural healthcare organization.



## HRRMC WELLNESS U TEAM



## OUR TEAM



### **Savanna Klimesh, B.A., NBHWC**

Savanna is HRRMC's Wellness & Cardiac Rehab Program Manager. Savanna is a board-certified Health and Wellness Coach. She has a Bachelor's degree in Health Promotion and Education from the University of Northern Iowa, and is a certified Nutrition Specialist.



### **Maesyn Ries, B.S., M.S.**

Maesyn is a Colorado native with a Bachelor's degree in Exercise Science, as well as a Master's degree in Kinesiology with an emphasis in Biomechanics and Exercise Physiology. Maesyn is passionate about improving longevity and enhancing overall well-being in her practices.



### **Paige Forbes, B.S., M.S.**

Paige is a Colorado native with a Bachelor's degree in Exercise Sports Science and a Master's degree in Exercise Science. Paige enjoys staying active in the outdoors and is passionate about helping others prevent and recover from injuries through lifestyle modifications.



### **Sally Ayotte, B.S., RDN**

Sally is a registered Dietitian/Nutritionist and a Chef Educator. Sally received her Bachelor's degree in Food and Nutrition from Framingham State College in Massachusetts.



### **Melissa Mommer, B.S., M.S.**

Melissa received her Bachelor's degree in Exercise Science and her Master's degree in Exercise Physiology with a specialty in Biomechanics of Sport Injury. Melissa is also an ACSM-certified Exercise Physiologist and NFPT-certified Sport's Nutritionist.



### **Nikki Sabatini, M.S., BHC**

Nikki has a Master's degree with an emphasis in Clinical Exercise Physiology. She is also certified in Behavioral Health Psychology. Nikki specializes in cardiopulmonary physiology and longevity.



### **Anna Veazey, B.S., M.S.**

Anna received her Bachelor's degree from the University of Wisconsin-Eau Claire with an emphasis in Kinesiology-Human Performance-Sport Performance and a Master's degree from the University of Wisconsin-River Falls with an emphasis in Clinical Exercise Physiology. She specializes in cardiopulmonary rehabilitation.







## CLASS TYPES



## EXERCISE CLASSES

### 12 week Strength & Cardio – \$60/month

Strength & Cardio is a 75-minute group class led by exercise physiologists. Strength & Cardio’s overarching vision is to prevent, monitor and reverse chronic diseases in the community by focusing on individualized exercise prescription, health education and providing supervised exercise as medicine. Participants will meet with staff for an orientation prior to starting classes. Class format includes an initial health check-in, 45 minutes of aerobic exercise on cardio machines and ends with group strength training. Once a week, the strength portion is abbreviated to allow for a short education session.

Day	Time	Dates	Location	Staff	Class Type
M/W/F	7:30 am, 9 am, 10:30 am	Monthly / Ongoing	Wellness U Gym	Exercise Physiologist	  
T/TH	8 am, 3 pm	Monthly / Ongoing	BVHC	Exercise Physiologist	  

**Registration:** <https://www.hrrmc.com/what-is-wellness-u/strength-cardio-class/> or call 719-530-2057





# EXERCISE CLASSES



**SilverSneakers® and Renew Active** classes focus on strengthening muscles and increasing range of motion for daily life activities.

Classes are 60 minutes in length and meet on a recurring basis.

Day	Time	Dates	Location	Staff	Class Type
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## SilverSneakers® Boom Muscle

Group class focused on cardio and strength.

T/TH	9–10 am	Monthly / Ongoing	Wellness U Gym / Outdoor Studio	Fitness Trainer	
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## SilverSneakers® Stability

Group class focused on strength and balance.

T/TH	10–11 am	Monthly / Ongoing	Wellness U Gym / Outdoor Studio	Fitness Trainer	
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## SilverSneakers® Cardio

60 minutes of self-guided exercise using gym equipment.

M–TH	1–3 pm	Monthly / Ongoing	Wellness U Gym	Fitness Trainer	
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No prior registration required.

Check eligibility at <https://tools.silversneakers.com/Eligibility/CheckEligibility> or call 719-530-2057

## Tai Chi

Tai Chi promotes serenity through gentle, flowing movements; it is often described as meditation in motion.

Day	Time	Dates	Location	Staff	Class Type
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## Beginner Tai Chi – Free

TBD	TBD	TBD	Wellness U Gym / BVHC	Fitness Trainer	
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**Registration:** Beginner Tai Chi is through the Area Agency on Aging: 719-539-3341

## Intermediate and Advanced Tai Chi

M	8:45 am	Monthly / Ongoing	Wellness U Gym / Outdoor Studio	Fitness Trainer	
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**Registration:** [www.hrrmc.com/wellness-u](http://www.hrrmc.com/wellness-u) or 719-530-2057



Registration: [www.hrrmc.com/wellness-u](http://www.hrrmc.com/wellness-u)

*Day* / *Time* / *Dates* / *Location* / *Staff* / *Class Type*

## Cooking Classes

### Cooking Matters – Free

This six-week cooking class is designed to teach individuals meal preparation, grocery shopping and nutrition skills.

Call to inquire about next class

HRRMC 2nd floor Demo Kitchen

Health Coach



Limited to 8 participants.

## Specialty Cooking Classes

### Optimizing Your Health With Food – \$50

This two-week cooking class will provide you with the education, support and guidance to optimize your health through food. The phrase, “one of the most powerful tools to combat illness comes not from the pharmacy but from the grocery store,” is one that we use not to replace medications, but to compliment your provider’s advice. Each class will have a hands-on food preparation and an education component.

Call to inquire about next class

Wellness U / Demo Kitchen

Health Coach,  
Registered  
Dietitian



### Anti-Inflammatory Cooking Class – \$50

This two-week cooking class will guide and educate you on how to implement the anti-inflammatory diet into your lifestyle. Topics covered in this class include: Boosting your immune system, how to avoid inflammatory foods, cooking with anti-inflammatory ingredients, etc. Each class will have a hands-on food preparation and an education component.

Call to inquire about next class

Wellness U / Demo Kitchen

Health Coach,  
Registered  
Dietitian








Registration: [www.hrrmc.com/wellness-u](http://www.hrrmc.com/wellness-u)

Day	Time	Dates	Location	Staff	Class Type
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### Sports Nutrition – \$50




This one hour class will educate and guide you on how to cook and fuel your body for all your athletic and weekend adventures. Class will have hands-on food preparation and an education component.

Call to inquire about next class	Wellness U / Demo Kitchen	Exercise Physiologist	  
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### Cooking For Diabetes – \$100

A four-week class that includes lecture and hands-on cooking. This series is a part of our Diabetes Self-Management Education program. We will help you learn to manage the disease in a supportive group environment.

*Covered by most insurances with provider referral. Call your provider or 719-530-2057 to inquire.*

W	10 am–noon	March, May July, October	Wellness U / Demo Kitchen	Certified Diabetes Care and Education Specialist & Registered Dietitian	  
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### Dietitian Consultation – \$70/hr

A Registered Dietitian will help you develop and explore eating plans and habits that are based on your individual needs and health concerns. Consult options include in-person or virtual.

*May be covered by most insurances with provider referral. Call your provider or 719-530-2200 ext. 2592 to inquire.*

HRRMC Outpatient Pavilion, Second Floor







Registration: [www.hrrmc.com/wellness-u](http://www.hrrmc.com/wellness-u)

Day	Time	Dates	Location	Staff	Class Type
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## National Diabetes Prevention Program

The National Diabetes Prevention Program is a CDC and Prevention lifestyle change program designed to prevent Type 2 diabetes. Meet one-on-one with a Registered Dietitian and a certified Diabetes Educator. Those who are prediabetic or at risk of developing diabetes will learn healthy habits needed for preventing or delaying the onset of Type 2 diabetes. Open to HRRMC Staff and community members.

Covered by Medicare. Call your provider or call 719-530-2057 to inquire.

Call to inquire about next class

Wellness U Group Room

Health Coach



## Diabetes Self-Management Education

Learn how to manage your blood sugars and decrease risk of complications through our comprehensive diabetes clinic. Meet one-on-one with a Registered Dietitian and a certified Diabetes Educator as well as group classes. Group sessions are titled Cooking For Diabetes. Prepare and eat delicious food to control your blood sugars. This four-week class is designed for people with diabetes. We will help you learn to manage the disease in a supportive, group environment. A spouse or member of your support team is welcome to join you. Participants are encouraged to meet annually to refresh knowledge and check in with blood sugar control. Consult options include in-person or virtual.

Covered by insurance annually with provider referral. Call your provider or call 719-530-2057 to inquire.

W

10 am–12 pm

March, May  
July, October

Wellness U / Demo Kitchen

Certified Diabetes  
Care and Education  
Specialist & Registered  
Dietitian



## Cancer Wellness Group – \$45/month

HRRMC’s Cancer Wellness Group is focused on providing health and exercise education to cancer patients at all levels of treatment and care, as well as those in remission. Participants meet initially with staff for an orientation. Class format includes an initial health check in, 30 minutes of aerobic exercise on cardio machines and ends with group strength training. Class time also encourages socializing and resiliency training. Lecture style education sessions also occur during classes.

Cancer wellness is not covered by insurance. It is a private pay fee of \$45/month.

T/TH

11 am–noon

Monthly / Ongoing

Wellness U Gym

Exercise Physiologist





## SPECIALTY PROGRAMS

*Day* / *Time* / *Dates* / *Location* / *Staff* / *Class Type*

### Post-COVID-19 Rehabilitation Program

If you have recovered from COVID-19 and are still experiencing residual effects, we're here to help restore your quality of life – whether that means walking up stairs, returning to running, or improving “brain fog.” Common lingering effects of COVID-19 include fatigue, memory loss, difficulty sleeping, fast heartbeat, depression or anxiety, decreased exercise tolerance or shortness of breath with daily activities. Our Post-COVID-19 rehab team includes exercise physiologists, physical therapists, speech therapists, occupational therapists, registered dietitians and physicians. Initial assessments determine your personal plan of care.

Ongoing. Duration and frequency depend on needs and goals, and are on a case-by-case basis.

Location varies

Exercise Physiologist  
Physical, Speech,  
Occupational Therapists  
Registered Dietitians  
Physicians



**Registration:** Referral required from primary care provider.

### Men: Male Pelvic Health Class Series – Free

Join the HRRMC physical therapy and urology departments, along with Dr. Lydia Segal for a six-week educational class series. Topics included are male pelvic anatomy, urogenital diagnoses, nutrition, sexual health and mobility and stability practices.

Fri | Noon–1:30 pm

TBD

Virtual via Zoom  
Wellness U  
Outdoor Exercise Pavilion

Sexual Health Counselor  
Pelvic Health  
Physical Therapist  
HRRMC Urologist



**Registration:** Call (719) 530-2040 to register.

### Women: Menopause: Before, During and After – Free

Join HRRMC's physical therapy department along with Dr. Lydia Segal for a six-week educational and exercise-based class series specific to women.

W | noon–2 pm

Starting June 2023

Wellness U  
Outdoor Exercise Pavilion

Sexual Health Counselor  
Pelvic Health Physical  
Therapists  
Cardiac Rehab Specialists  
Registered Dietitian



**Registration:** Call (719) 530-2040 to register.



## EDUCATIONAL LECTURE SERIES




**Registration:** [www.hrrmc.com/wellness-u](http://www.hrrmc.com/wellness-u) or call to inquire about next class.

<i>Day</i>	<i>Time</i>	<i>Dates</i>	<i>Location</i>	<i>Staff</i>	<i>Class Type</i>
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Enhance your knowledge and your health. Wellness U's Community Lecture series will cover a wide range of health and wellness topics and offer information for application into your daily life.




### Cardiovascular Health Series – \$50

This four-week lecture series will help you identify core risk factors for heart disease; as well as educate you on how heart disease develops over time, how you can prevent and reduce your risk for heart disease, and more.

T	noon-1 pm	TBD	Wellness U Group Exercise Room	Exercise Physiologist	  
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### Exercise is Medicine – \$25

This two-week lecture series will give you the support and education you need to reap the incredible benefits of exercise; as well as provide you with the guidance on how to start and maintain a lifelong exercise program.

T	noon-1 pm	TBD	Wellness U Group Exercise Room	Exercise Physiologist	  
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### Functional Medicine and the Mind Body Connection – \$50

What is self-actualization and how do you get there? This five-week lecture series will help guide you towards achieving a higher state of well-being. Topics covered during this five-week lecture series include: *Functional Medicine & Self-care, Achieving Self-Actualization, Functional Nutrition, Movement & Introduction to Meditation & Flow*

T	noon-1 pm	TBD	Wellness U Group Exercise Room	Wellness U Health Coach	  
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### Know Your Numbers: Lipids Edition – \$25

Are you confused about your numbers from your latest lab results? This workshop will give you a better understanding of your blood lab results. Bring your latest blood work and learn about what all the tests and numbers mean.

Sat	9-10 am	TBD	Wellness U Group Exercise Room	Wellness U Staff	  
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### Reducing Your Risk of Severe COVID-19

Whether vaccinated or unvaccinated, learn how to reduce your risk of developing severe COVID-19 symptoms through lifestyle choices.

Sat	11 am-noon	TBD	Wellness U Group Exercise Room	Exercise Physiologist	  
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### Health Coaching & Personal Training – \$25 / 30 minute session

We all know that we need to eat healthy, exercise and reduce stress, but we often need help finding the motivation to do this. The professional health coaches and trainers at HRRMC's Wellness U Department work with you to create a healthy eating and active living plan that works for your lifestyle.

*Registration: 719-530-2057 or [www.hrrmc.com/what-is-wellness-u/health-coaching](http://www.hrrmc.com/what-is-wellness-u/health-coaching)*  
HRRMC Wellness U Gym | Outpatient Pavilion, Second Floor



### Fitness Assessments – \$75

Wellness U's 60-minute fitness assessments will determine your physical fitness levels and aid in developing a personalized program based on your needs/goals. Fitness Assessments are performed by an Exercise Physiologist. The assessment includes a maximum exercise stress test using a gas exchange analyzer, body fat composition, and strength tests. An individualized exercise prescription will be provided based on the tests.

*Registration: 719-530-2057 or [www.hrrmc.com/what-is-wellness-u/health-coaching](http://www.hrrmc.com/what-is-wellness-u/health-coaching)*  
HRRMC Wellness U Gym | Outpatient Pavilion, Second Floor



Buena Vista Health Center Rehabilitation Department



### Direct Access Testing

Direct Access Testing (DAT) is a service available at the Salida hospital, the HRRMC Buena Vista Health Center, and the Custer County Medical Center in Westcliffe that gives you the option to order selected lab tests on your own, from a limited DAT menu, without a physician's order.

For more information, please call 719-530-2057.



Test Name	Price
<b>Blood Chemistry</b> (Comprehensive Metabolic Panel [CMP], Lipid, TSH, Iron, Uric Acid) <b>fasting recommended*</b>	\$40.00
<b>Men's Health Panel</b> (CMP, Blood Count, Lipid Panel, TSH, PSA, Iron, Uric Acid) <b>fasting recommended*</b>	\$85.00
<b>Women's Health Panel</b> (CMP, Blood Count, Lipid Panel, TSH, Iron, Uric Acid) <b>fasting recommended*</b>	\$50.00
Blood Count <i>(Included in Men's and Women's Health Panels)</i>	\$25.00
Ferritin <i>(Included in Iron Panel)</i>	\$20.00
Folate/B12 Profile	\$40.00
Free Thyroxine (Free T4, FT4) <i>(Included in Thyroid Panel)</i>	\$25.00
Free Triiodothyronine (Free T3, FT3) <i>(Included in Thyroid Panel)</i>	\$25.00
Glucose <b>fasting recommended* **</b>	\$10.00
Hemoglobin A1c (HgA1c)	\$35.00
Iron (Serum Iron) ** <i>(Included in Iron Panel)</i>	\$10.00
Iron Panel (Iron, Total Iron Binding Capacity (TIBC), Ferritin)	\$30.00
Magnesium	\$10.00
Lipid Panel <b>fasting recommended* **</b>	\$25.00
Prostate Specific Antigen (PSA) <i>(Included in Men's Panel)</i> <b>Men only</b>	\$35.00
Serum Pregnancy Test	\$25.00
Testosterone <b>For Men &amp; Women</b>	\$45.00
Thyroid Panel (TSH, FT4, FT3)	\$65.00
Thyroid Stimulating Hormone (TSH) ** <i>(Included in Thyroid Panel)</i>	\$25.00
Uric Acid **	\$10.00
Urinalysis	\$20.00
Vitamin D	\$55.00

**\*Diabetics should not fast**

**\*\*Included in Blood Chemistry, Men's & Women's Health Panels**

The laboratory results of Direct Access Laboratory Testing (DALT) require additional expert interpretation and do not substitute for medical advice, diagnosis, or treatment, which should be based on your physician's professional judgment, including his/her review of your test results, the findings of physical examination, and the review of your personal and family medical history. DALT laboratory results are not sent to your physician. You are responsible for distribution of your reports to your physician and for scheduling a follow-up appointment to discuss your results with your physician.



# DIRECT ACCESS **CARDIOVASCULAR TESTING**

HRRMC offers a direct access cardiovascular screening service similar to our direct access lab testing. This service provides an affordable option for community members to learn about the risk of cardiovascular disease and aid in early detection and treatment. Schedule direct access cardiovascular screenings by calling 719-530-2057.

### Cardiovascular Screenings offered:

- **Full Cardiovascular Screening** ..... \$510  
*(Includes the five (5) cardiovascular screenings below along with a direct access lipid panel.)*
- **Coronary Calcium CT Scan (Calcium Score)** ..... \$129
- **Carotid Artery Ultrasound** ..... \$235
- **Abdominal Aortic Artery Ultrasound** ..... \$79
- **12-Lead Electrocardiogram (EKG)** ..... \$59
- **Peripheral Artery Disease Test (PADnet)** ..... \$135
- **Direct Access Blood Draw (Lipid Panel)**..... \$25



### Coronary Calcium CT Scan (Calcium Score)

A coronary calcium CT scan, also known as a heart scan, is looking for calcium particles in the plaque along the walls of the heart's (coronary) arteries. Coronary blockage increases the risk of cardiac events. Knowing your calcium score can help your doctor determine the best treatment for slowing the progression of Coronary Artery Disease (CAD).

### Carotid Artery Ultrasound

A carotid artery ultrasound is a safe, painless procedure that uses sound waves to examine the blood flow through the carotid arteries. Your two carotid arteries are located on each side of your neck and deliver blood from your heart to your brain. The ultrasound tests for blocked or narrowed carotid arteries, which can increase the risk of stroke. Early diagnosis and treatment of a narrowed carotid artery can decrease stroke risk.

### Abdominal Aortic Artery Ultrasound

Your doctor may recommend an abdominal ultrasound if you're at risk of an abdominal aortic aneurysm. An aneurysm occurs when an artery's wall weakens and causes an abnormally large bulge. This bulge can rupture and cause internal bleeding.

A one-time abdominal aortic ultrasound screening is recommended for men between the ages of 65 and 75 who have smoked at least 100 cigarettes during their lifetimes.

### 12-Lead Electrocardiogram (EKG)

An EKG measures the rhythms of the heart. It may be used to evaluate and monitor abnormalities in heart rhythm and rate, reduced blood flow in the arteries in the heart (ischemia), and other heart conditions.

### PADnet Test

This test provides early detection of peripheral artery disease (PAD), when treatment options are the broadest. PADnet identifies blockages in the arteries and the quality of blood flow using pulse-volume recordings and segmental blood pressure measurements. Blockage in the lower extremities increases the risk of cardiac events. Treatment may include lifestyle modification as well as invasive and non-invasive medical treatments.

### Direct Access Blood Draw (Lipid Panel)

The Lipid Panel screens for blood findings associated with cardiovascular risk. It tests for total cholesterol, triglycerides, HDL cholesterol, LDL cholesterol and VLDL cholesterol.



# ALL ACCESS MEMBERSHIP

Wellness U's all access membership gives you all the tools and support you need to start or continue your wellness journey.

**\$99**  
per/month



**Call 719-530-2057 to register**

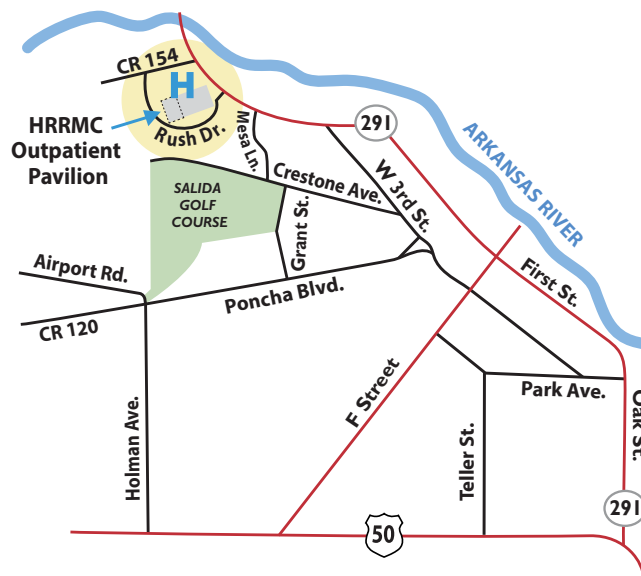
\*Retreat attendance eligible to annual members.



## COMMIT TO LIVING WELL



### OUR LOCATION



HRRMC Outpatient Pavilion • 1000 Rush Drive, Salida, CO 81201  
719-530-2057

Find us on the web: [www.hrrmc.com/wellness-u](http://www.hrrmc.com/wellness-u) | YouTube Channel: Wellness U