

Diabetes Self-Management Education (DSME) / Cooking For Diabetes

DSME is the ongoing process through which people with Type 1 or Type 2 diabetes gain the knowledge and skills needed to modify their behavior and successfully self-manage the disease and its related conditions.

Topics include controlling your diabetes, healthy eating, monitoring your numbers and preventing complications.

Schedule: This four-week class repeats monthly.

Cost: \$25/person suggested donation

National Diabetes Prevention Program

The National Diabetes Prevention Program (NDPP) is a partnership of public and private organizations working to prevent or delay Type 2 diabetes.

Wellness U makes it easier for people with pre-diabetes to participate in this evidence-based, lifestyle-change program to reduce their risk of Type 2 diabetes and improve their overall health.

Who could benefit from this program?

- Weight-loss participants
- People who are at risk for diabetes
- Individuals with a low fitness level

Schedule: Meets weekly for 12 months

Cost: Free

All classes are supported by the Cancer, Cardiovascular and Chronic Pulmonary Disease Grants Program.

Direct Access Cardiovascular Screening

This screening offers an affordable option for community members to learn about their risk of cardiovascular disease and aid in early detection and treatment.

Screenings included in the full panel are coronary calcium CT scan, carotid artery ultrasound, abdominal aortic artery ultrasound, EKG, PADnet test and lipid panel blood draw.

Schedule: By appointment only.

Cost: Total Cardiovascular Screening: \$510

The five cardiovascular screenings and one blood draw included are also available individually.

Check with your insurance provider for pricing if run through your plan.



Direct Access Laboratory Testing (DALT)

HRRMC's Wellness U offers an affordable way to monitor your health with Direct Access Laboratory Testing (DALT). You can order select lab tests, from a set menu of DALT tests, at discounted prices without a doctor's order. DALT is available year-round at the hospital, the HRRMC Buena Vista Health Center and the Custer County Medical Center. Several DALT tests are also available at the annual **HRRMC Health Fair**. For more info, visit hrrmc.com or call 719-530-2260.

Cost: Free

Locations

HRRMC Wellness U Gym
1548 G St., Unit 5, Salida, CO 81201
719-530-2057

HRRMC Outpatient Pavilion
1000 Rush Drive, Salida, CO 81201
719-530-2000

HRRMC Buena Vista Health Center
28374 County Road 317, Buena Vista, CO 81211
719-395-9048

Mt. Princeton Hot Springs Resort
15870 County Road 162, Nathrop, CO 81236
719-395-2447, ext. 5



To contact Jon Fritz, BA, CEP, CDE about any of the Wellness programs in this brochure, please call 719-530-2057.



It's all about you at
Wellness U



HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER

The heart of healthcare

HRRMC's Wellness U

is a community wellness program designed to help people learn how to take an active role in their health.

Wellness U Education Classes

HRRMC offers a variety of health education classes for community members to learn how to prevent and manage health conditions. A course calendar and class registration are available online at www.hrrmc.com/events.

Some classes offered include:

- Alzheimer's Activity Group
- Parkinson's Wellness Recovery
- Medical Nutrition Therapy
- Cooking Classes
- Smoking Cessation

Schedule: Please go to www.hrrmc.com/events

Cost: Varies by class
Typically not covered by insurance

Health Coaching / Personal Training

We all know that we need to eat healthy, exercise and reduce stress, so why don't we do it?! A health coach will work with you to create a healthy eating and active living plan that works for your lifestyle.

Your coach will help you identify what your motivations are so that you can take your healthy living goals to the next level. Depending on the participant, a session may or may not include exercise.

Who could benefit from this program?

- Those lacking the necessary motivation to live a healthier lifestyle
- Individuals who want to improve their current health status

Schedule: By appointment

Cost: \$25 per 30-minute session
Typically not covered by insurance

Wellness Center Strength & Cardio

The overarching vision of Strength & Cardio is to prevent, monitor and reverse chronic epidemic diseases in our community. Strength & Cardio is a group class led by exercise physiologists capitalizing on individualized exercise prescription and providing exercise as medicine with supervision.

Trained fitness staff are on-site during exercise and offer initial equipment instruction and exercise recommendations. If you would like more involved assistance, consider utilizing our health coaching service.

Who could benefit from this program?

- Those who need accountability
- Individuals who want to exercise in a more private setting
- People with decreased mobility

Schedule: Mon., Wed., 7:30, 9 or 10:30 a.m.
Tues., Thurs., 8:30 or 10 a.m.

Additional sessions will be added as needed.

Cost: \$45 per month
Not covered by insurance

Tai Chi Program

A number of different Tai Chi classes are offered year-round. Most classes are progressive, so it's important to note start dates of new sessions rather than beginning in the middle of a program. For more information, contact the Wellness Department at 719-530-2057.

Total Wellness Retreat

Wellness U periodically offers a Total Wellness Retreat at nearby Mt. Princeton Hot Springs Resort. The retreat offers educational sessions on topics such as stress management. It also includes a healthy cooking class, daily meditation, group counseling, tai chi and hiking. Participants have access to the pools, spa services, mountain bike rentals, and fitness classes.



Jon Fritz, HRRMC's Wellness Program manager, is a certified clinical exercise physiologist, certified diabetes educator, health coach, cardiac rehab therapist and personal trainer. Before joining HRRMC, Jon operated a lifestyle-management program for 10 years in Minnesota. He has also worked in the Cardiovascular Health Clinic at the Mayo Clinic.



Iris Lama is an NASM certified personal trainer, NDPP lifestyle coach, certified instructor for Cooking Matters, and leads many of our fitness classes. As a certified oncology massage therapist and lymphedema therapist, she also works with oncology patients at HRRMC. Iris completed her massage training at the Colorado School of Healing Arts in Lakewood.



Devon Moughan-Phillips, HRRMC's Dietary manager, is a registered dietitian nutritionist with a 15-year background in the health and wellness field. Devon received her master's in dietetics from Loma Linda University Medical Center in California and is passionate about health education.



Sam Van De Velde is a certified cancer exercise specialist with a master's in exercise physiology. Sam specializes in chronic disease management, injury prevention, strength training, balance training, endurance performance, and quality of life. He has worked as a cardiac rehab therapist; exercise physiologist; health coach; and cross country and track coach at the University of Idaho.

