

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 per four-week session

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 eligibility.



Direct Access Testing (DAT)

HRRMC's Wellness U offers an affordable way to monitor your health with Direct Access Testing (DAT). You can order select lab tests, from a set menu of DAT tests, at discounted prices without a doctor's order. DAT is available year-round at the hospital, the HRRMC Buena Vista Health Center, the Saguache Health Center and the Custer County Medical Center. For more info, visit hrrmc.com or call 719-530-2396.

Cost: Prices vary depending on tests.

Locations

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



For more information 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:

- Cognitive Health Activity Group
- Parkinson's Wellness Recovery
- Medical Nutrition Therapy
- Cooking Classes
- Tai Chi
- Wellness U Lecture Series

Schedule: Please go to www.hrrmc.com/what-is-wellness-u

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., Fri., 7:30, 9 or 10:30 a.m. Additional sessions will be added as needed.

Cost: \$60 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 Total Wellness Retreats at nearby Mt. Princeton Hot Springs Resort. The retreat is designed to offer evidence-based health interventions through educational sessions on topics such as stress management and behavior-change skills. 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 at the resort.

Our Wellness U Team



Jon Fritz, B.A., CEP, CDCES

Jon is HRRMC's Wellness Program Manager, creating the department in 2014. Jon is a Certified Clinical Exercise Physiologist, and a Certified Diabetes Care and Education Specialist.



Savanna Klimesh, B.A.

Savanna is a Functional Medicine Certified Health Coach. She has a bachelor's degree in health promotion & education from the University of Northern Iowa, and is a certified Nutrition Specialist.



Iris Lama, B.S., RMT, LLT

Iris is a certified personal trainer, certified massage therapist, NDPP lifestyle coach, and a certified instructor for Cooking Matters.



Devon Moughan-Phillips, M.S., RDN

Devon is a clinical dietician, receiving her master's degree in dietetics from Loma Linda University Medical Center in California. Devon is passionate about health education and helps lead several Wellness cooking classes.



Nikki Sabatini, M.S., BHC

Nikki has a Master of Science degree from the University of Kansas with a specialization in exercise physiology. She also has a Behavioral Health Psychology Certification from KU.



Sam Van De Velde, M.S., CES

Sam is a Certified Cancer Exercise Specialist with a master's degree in exercise physiology. Sam splits time between the Cardiac Rehab and Wellness departments.



Shalin White, B.S., EP-C

Shalin has a bachelor's degree in exercise physiology from Grand Valley State in Michigan. In 2018, Shalin became a Certified Exercise Physiologist, and began working at HRRMC in the Cardiac Rehab department.