

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
Covered by insurance annually with provider referral

Silver Sneakers & Renew Active

HRRMC's Wellness U Program participates in Silver Sneakers and Renew Active. Classes and focus on strengthening muscles and increasing range of motion for daily life activities.

Schedule: Please go to www.hrrmc.com/what-is-wellness-u or call 719.530.2057.

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: Free

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



It's all about you at
Wellness U



For more information about any
of the Wellness programs in this
brochure, please call 719-530-2057.



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:

- Medical Nutrition Therapy
- Cooking Classes
- Tai Chi
- Wellness U Lecture Series
- Community Yoga
- Cancer Wellness
- Silver Sneakers & Renew Active

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 a.m. or 10:30 a.m. Additional sessions will be added as needed.

BVHC: Tues./Thurs. 8 a.m. and 3 p.m.

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.

Cancer Wellness Group

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 ending with group strength training. Class time also encourages socializing and resiliency training. Learning style education sessions also occur during classes.

Schedule: Tu/Thu, 11:00 am

Cost: \$25 per

Our Wellness U 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 and a Master's degree in Kinesiology and 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 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 at Manchester College in Indiana and her Master's degree at Barry University 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 from University of Kansas with an emphasis in Clinical Exercise Physiology. She also has a Behavioral Health Psychology Certification from the University of Kansas. Nikki's specialty is in cardiopulmonary physiology and longevity.



Anna Veazey, B.S., M.S.

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