

Working Together For Your Health

Volume I Issue 2, April 2019



Happy Spring! Our focus this newsletter will be on ideas to get us up off the couch, out of our comfy pants and back into the wonderful world of Colorado in the springtime. We are attaching a list of **Colorado Free Days** – in hopes we inspire you to play tourist for the day!

NEWS FLASH!

Did you know there is *one thing we can prescribe* that:

- In patients with knee arthritis, given three times a week, reduces pain and disability by 47%
- In older patients, reduces progression into dementia and Alzheimer's by 50%
- In patients at high risk of developing diabetes, along with other lifestyle changes, reduces the chance of developing the disease by 58%
- In post-menopausal women, administered 4 times a week, reduces the chance of hip fracture by 41%
- Reduces symptoms of anxiety by 48%
- Reduces symptoms of depression by 30%, and when coupled with other therapy, up to 47%
- And is the **Number One** treatment for fatigue

What is this miracle drug and how can I get a prescription?? Before you call the office to schedule an appointment, put on a pair of tennis shoes and walk down the street and back. That's right, **exercise, especially walking**, is the number one treatment we can prescribe that will help with all of these chronic health conditions.

Now, don't roll your eyes and stop reading, we are going to ask you to commit to **just 30 minutes a day** of **light exercise**. And don't feel like you need to join a gym (although if you are inspired – just do it!). Walking is the best form of exercise and it's something most of us can do any time, free of charge. If you can't do 30 minutes at one time, feel free to split it up to **3 sessions of 10 minutes each** – you will still get the same benefit. Also, if you are working in the yard, cleaning house or active on the job (not staring at a computer screen all day), that counts too! Just commit to making a small change and before you know it, you may find you start feeling better and enjoy meeting some new people along the way! Good Luck and let us know if we can help.



Introducing the Staff



This month, we want you to meet a special member of our front desk team, **Cyndi Brandenburg**. Cyndi has worked here as a scheduler for 5 years. Her sunny disposition and attention to detail make her the perfect person to get you in and out of the office in record time! She also handles any outside requests for copies of medical records, so if you ever need care at another physician's office or apply for life insurance or disability, she'll make sure your records get to where they need to be securely and on time. We are lucky to have her on the team, and make sure to say hello next time you are in the office.

Colorado Free Days 2019

Denver Zoo
2500 Steele St., Denver
720-337-1400
DenverZoo.org
November 4
November 8

**Denver Botanic Gardens
at York St**
1007 York St., Denver
720-865-3500
BotanicGardens.org
June 4
July 10
September 3
November 11

Children's Museum
12121 Children's Museum Dr., Denver
303-433-7444
MyChildsMuseum.org
May 7
June 4
July 2
August 6
September 3
October 1
November 5
December 3

**Denver Museum of Nature
and Science**
2001 Colorado Blvd., Denver
303-370-6000
DMNS.org
June 2*
July 2
August 26
September 29
October 14
November 17
December 8
*Free 5 PM – 10 PM

Denver Art Museum
100 W 14th Ave PKWY., Denver
720-865-5000
DenverArtMuseum.org
May 4
June 1
July 6
August 3
September 7
October 5
November 2
December 7

**Denver Botanical Gardens at
Chatfield**
8500 W Deer Creek Canyon
Rd., Littleton
720-865-3500
DenverBotanicGardens.org
June 4
July 2
August 6
November 5

Four Mile Historic Park
715 S Forest St., Denver
720-865-0800
FourMilePark.org
May 10
June 14
July 12
August 9
September 13
October 11
November 8
December 13
Free 12 PM – 4 PM

City of Longmont Museum
400 Quail Rd., Longmont
303-651-8374
LongmontColorado.gov
May 11
June 8
July 13
August 10
September 14
October 12
November 9
December 14

**Broomfield Veterans
Memorial Museum**
12 Garden Center, Broomfield
303-460-6801
BroomfieldVeterans.org
Free Thursdays and Saturdays

Aurora History Museum
15051 E Alameda Pkwy., Aurora
303-739-6660
Auroragov.org
Free Tuesdays and Sundays

ALWAYS FREE

Arvada Center Galleries - ArvadaCenter.org
Garden of the Gods Visitor Center - GardenOfGods.com
Rocky Mtn Motorcycle Museum - TheMotorcycleMuseum.com
Colorado Springs Pioneers Museum - CSPM.org
US Air Force Academy Visitor Center and Chapel -
USAFA.FA.MIL
United States Mint - USMint.gov
Rocky Mountain Arsenal National Wildlife Refuge -
https://www.fws.gov/refuge/rocky_mountain_arsenal
Hudson Gardens - Garden Area - HudsonGardens.org
Colorado Sports Hall of Fame - ColoradoSports.org

Two Ponds National Wildlife Refuge -
https://www.fws.gov/refuge/Two_Ponds/
Peterson Air & Space Museum - PeterMuseum.org
CU Art Museum - Colorado.edu
Lookout Mountain - Jeffco.us
CU Museum of Natural History - CUMuseum.colorado.edu
Celestial Seasonings Tour - CelestialSeasonings.com
Colorado State Capitol Tours -
<https://www.denver.org/listing/colorado-state-capitol/3679/>
Red Rocks Park and Amphitheatre -
<https://www.denver.org/listing/red-rocks-park-%26->