



Announcing: Our Special Steamboat Springs Summer Series!

Completed June 7th. **Session 1: Get Moving, Safely.** Troy Grignon, physical therapist, Sam House, personal trainer, and Josh Welch, MD with an interactive guide to injury prevention and safe exercise.

More to come...

Session 2: Strengthen Your Spine. Orthopedic spine surgeon Alex Sielatycki, MD and Hannah Meyer, MSN, FNP-BC discuss spinal pain injury and spinal motion preservation.

Session 3: Sleep Easy. Psychotherapist Meredith Van Ness and Julie MSN, AGNP-C, address sleep hygiene, insomnia, and cognitive behavioral therapy.

Session 4: What is BMI Really Telling Us? Health & wellness coach Ruth Abate teams up with Dr. Rosanne Iversen for an informative session on exercise and nutrition.