

## Healthy Lifestyle Aids

### COLORADO QUITLINE

800-784-8669 [www.coquitline.org](http://www.coquitline.org)  
Provides free patches and a supportive, encouraging coach to help quit smoking or chewing tobacco.

### FIXNIXER

[www.fixnixer.com](http://www.fixnixer.com)  
Provides a free, anonymous, web-based program to map out a plan to quit cigarette smoking and chewing tobacco for those under the age of 24.

### COLORADO SCHOOL OF TRADITIONAL CHINESE MEDICINE

303-329-6355 ext 10 [www.cstcm.edu](http://www.cstcm.edu)  
1441 York St. Denver, CO 80120



Provides acupuncture for \$25 per treatment with low-income prices available for less than \$25.

### HERITAGE COLLEGE OF MASSAGE THERAPY

303-729-2644  
Provides massage therapy for \$25 per treatment .

### ALCOHOLICS ANONYMOUS

303-322-4440 [www.daccaa.org](http://www.daccaa.org)  
A website providing information about local meetings, locations for recovery, informational material, and numbers to call for support.

### SALVATION ARMY

303-477-3758 [www.salvationarmyusa.org](http://www.salvationarmyusa.org)  
3900 E. Arapahoe Rd. Centennial, CO 81003  
Provides support, encouragement, and activities to help with individual rehabilitation.

## Health Services

### TRI-COUNTY HEALTH DEPARTMENT

303-220-9200 [www.tchd.org](http://www.tchd.org)  
6162 S. Willow Drive, Suite 100  
Greenwood Village, CO 80111  
303-663-7650 (Castle Rock office)  
Established to protect, promote and improve the health, environment and quality of life for the residents of Adams, Arapahoe and Douglas Counties.

### WESTSIDE BEHAVIORAL CARE

303-986-4197  
[www.westsidebehavioral.com](http://www.westsidebehavioral.com)  
165 S. Union Blvd. #570  
Lakewood, CO 80020  
Provides treatment in overcoming addictions and providing advice through situational adjustment problems in multiple service locations.



609 West Littleton Blvd., Ste. 100  
Littleton, CO 80120  
Main Line: (303) 730-1313

\*Disclaimer: Doctors Care is not affiliated with any of the resources listed in this pamphlet. However, we are committed to referring our patients to the highest quality services. Please let us know about your experiences with these organizations.\*



## Healthy Lifestyle Resource Guide

*Compiled by the staff and volunteers at Doctors Care 2013*

DoctorsCare.org  
303-730-1313

## Exercise/ Activity Programs

### LITTLETON YMCA

303-797-9622 [www.denverymca.org](http://www.denverymca.org)  
11 Dry Creek Ct. Littleton, CO 80120  
Offers a discount scholarship program, "Open Doors," for those who qualify. Must show proof of pay stubs and tax information.

### SOUTH SUBURBAN PARKS AND RECREATION

303-347-5999 [www.ssprd.org](http://www.ssprd.org)  
6315 S. University Blvd. Centennial, CO 80121  
Offers a scholarship program that provides financial aid for exercise classes and facility use. Must have photo id and be a resident of Arapahoe county. Also provides locations of parks within the district.

### HIGHLANDS RANCH COMMUNITY ASSOCIATION DAY CAMP

303-471-8921 [www.hrcaonline.org](http://www.hrcaonline.org)  
9568 University Blvd.  
Highlands Ranch, CO 80126  
Offers a variety of recreational activities through crafts and sports.

### COLORADO KIDS.COM

[www.coloradokids.com](http://www.coloradokids.com)  
2323 Wadsworth Blvd. #102  
Lakewood, CO 80227



A website created to inform parents and children of activities and educational programs they can

participate in throughout the year.

## Exercise/ Activity Programs

### DENVER METRO-LINK

[www.metro-link.com/DenverColorado/](http://www.metro-link.com/DenverColorado/)  
A website providing information of recreational activities around the Denver Metro area.

### CITY OF DENVER

[www.denver.org/what-to-do](http://www.denver.org/what-to-do)  
A website dedicated to Denver. Provides information about activities throughout the city and foothills including local parks, museums, performing arts, and hiking.

### OFF LEASH DOG RECREATION GROUPS

[www.offleash.meetup.com](http://www.offleash.meetup.com)  
Provides a list of groups who enjoy going to dog parks around Denver together.

### PLAYSPACE FINDER

[www.playspacefinder.kaboom.org](http://www.playspacefinder.kaboom.org)  
A website listing public playgrounds around the Denver area.

### HIGHLANDS RANCH COMMUNITY

[www.highlandsranch.org](http://www.highlandsranch.org)  
Highlands Ranch community website listing events, parks, and recreation options located in Highlands Ranch.

### LITTLETON COMMUNITY

[www.littletongov.org](http://www.littletongov.org)  
City of Littleton's website providing information about parks, trails, and open space in Littleton.

### DOUGLAS COUNTY OPEN SPACE

[www.douglas.co.us](http://www.douglas.co.us)  
Provides locations of dog parks, trails, and parks located in Douglas county.

## Exercise/ Activity Programs

### DENVER PARKS AND RECREATION

[www.Denvergov.org](http://www.Denvergov.org)  
Provides a list of programs, classes, park locations, and town gatherings within Denver.

### DENVER TRAILS

[www.trailink.com](http://www.trailink.com)  
Provides an interactive map of walking trails throughout Denver.

### COLORADO TRAILS AND SPACE COALITION

[www.trailsandopenspaces.org](http://www.trailsandopenspaces.org)  
A website providing hiking options for the entire front range, provides maps and directions.

### ARAPAHOE LIBRARIES

[www.arapahoelibraries.org](http://www.arapahoelibraries.org)  
Arapahoe library district's website listing locations within Arapahoe county. Local events and classes are provided as well as book, movie, and music availability.

### DOUGLAS COUNTY LIBRARIES

[www.douglascountylibraries.org](http://www.douglascountylibraries.org)  
Douglas county library website providing locations within Douglas county. Local events and classes are provided as well as book, movie, and music availability.

### DENVER PUBLIC LIBRARY

[www.denverlibrary.org](http://www.denverlibrary.org)  
Denver public library's website listing locations within the Denver area. Events and classes are available as well as book, movie, and music availability.