

Prima Movement

(303) 578-0162 primamovement.com
29029 Upper Bear Creek Rd Ste 207 | Evergreen |
Physical Therapy and Pilates Studio specializing in hands on treatment for low back pain, sacral pain, neck pain, cervicogenic headaches, Women's Health, and return to sport after injury or postpartum.

Regional Transportation District- FlexRide:

(303) 944-5777 South | (303) 944-7474 North |
rtd-denver.com/FlexRide.shtml
Flex Ride operates M-F from 5:30 am to 7:00 pm and Saturday from 9:00 am to 7:00 pm. We do not operate on Sunday. The cost is \$3.00 for the local ride and \$1.50 for seniors 65 plus and children 6 to 19. Children 5 and under are free. People can either book online or call the North/South bus numbers above.



Return To Sport Physio

(646) 591-9696 returntosportphysio.com
2942 Evergreen Parkway | Evergreen |
Helping 35+ Active Adults Overcome Aches, Pains and Injuries So They Can get Back To The Activities They Love and Improve Their Health Naturally Without Pain Medications, Injections or Surgery.

Ride-Need A Ride???

Evergreen | Conifer
(303) 564-5858 | rideexperiences.com
Local company with local drivers that safely provide your mountain transportation needs to DIA, Red Rocks, weddings, special events, casinos, and ski resorts.

Seniors' Resource Center Evergreen

(303) 238-8151 srcaging.org/
SRC provides services to help older adults in their homes, including non-medical In-Home Care (light housekeeping and personal care), Chores assistance (house cleaning and yard work), Adult Day and Respite, Meals on Wheels, energy assistance, support for victims of crimes, and more.

Spero Recovery

(303) 351-7888 sperorecovery.org
29997 Buffalo Park Rd | Evergreen |
Spero Recovery Center is a peer-run, peer-led residential recovery community organization for adults who want to live and thrive in a life of recovery.

St. Anthony Health Center Evergreen

(303) 679-2020
32214 Ellingwood Trail #210 | Evergreen |
We provide top quality, compassionate primary medical care for families in Evergreen, Conifer and the surrounding foothills communities. From well checks and sports physicals to illness and medication management, our primary care doctors and providers can care for every member of your family. Accepting new patients, with most major insurances including Medicare and Medicaid. Extended hours available by appt.

TuRNing Point Health & Wellness

(720) 807-8100 turningpointhw.com
| Conifer |
Holistic Transformational Health & Wellness Coaching by an RN.

VitalHearts

(303) 987-3000 vitalhearts.org
930 South Butler Way | Lakewood |
VitalHearts | The Resiliency Training Initiative is a 501 (c)3 charitable organization whose mission is caring for care-providers. Helping care providers find ways to process the trauma they encounter.

VP Financial Options

(303) 679-0656 financialoptions.biz
| Evergreen |
We specialize in insurance protection for the professional individual and small business. Offering analysis and solutions in the areas of Health, Life, Disability & Medicare Supplement Plans.

Welcome to Evergreen

Recommended Members: Senior Services



EVERGREEN AREA Chamber of Commerce



(303) 674-3412 | EvergreenChamber.org

1524 Belford Court

As the senior population continues to grow in the mountain community so does the availability of services.

The Chamber recommends the businesses included in this brochure for a variety of needs such as stay at home with help, independent living, assisted living, memory care assisted living, skilled nursing and rehabilitation centers, and respite care.

Recreationally, the mountain community has lots of options, both formal and informal, as a way to get exercise and stay healthy. A variety of programs are held from Silver Sneakers to organized hikes and activities, and much more.

Advanced Dermatology, Skin Cancer & Laser Surgery Center, PC

(303) 670-7065 advaderm.com
30960 Stagecoach Blvd., Ste W140 | Evergreen | *Advanced Dermatology provides all medical and surgical care for the skin. Skin cancer detection and treatment is of particular interest.*

Elk Run Assisted Living Community

(303) 679-8777 elkrunassistedliving.com
31383 Frost Way | Evergreen | *Offering comfortable residences and comprehensive healthcare services for seniors that need help with the activities of daily living, including in-house physical therapy services, support from a registered nurse as well as respite care. Elk Run is pet friendly.*

Evergreen Christian Outreach (EChO)

(303) 670-1796 evergreenchristianoutreach.org
27640 Hwy 74 | Evergreen | *EChO offers short term assistance to return seniors to a level of self sufficiency and sustainability. We will help in providing some of the resources or referrals to move you and your family toward sustainability. Referrals may be made to our food bank, our jobs program or other programs to meet your needs. We also have a veterans assistance program.*

Evergreen Movement Studio

(303) 807-4980 evergreenmovementstudio.com
1262 Bergen Parkway, St. 18E | Evergreen | *Movement is life! At Evergreen Movement Studio we guide you through dynamic, fun, low-impact exercises to help ensure living life in a happy body.*

Evergreen Park & Recreation District

(720) 880-1110 evergreenrecreation.com
32003 Ellingwood Trail | Evergreen | *Fueling senior's dedication to fitness and staying active with endless choices: hiking, cross country skiing, tennis, pickleball, ping pong, volleyball, fly fishing, softball ... the list goes on and on. If eligible, many programs offer a senior discount (60+), a minimal co-pay or at no charge at all.*

Evergreen Vision Clinic, PC

(303) 674-4143 evergreenvision.com
30960 Stagecoach Blvd. | Evergreen | *Evergreen Vision Clinic is a full service eye care facility offering the professional services of Optometry, Ophthalmology, and Opticianry.*

Jefferson Center Senior Services

(303) 425-0300 jcmh.org
31207 Keats Way #202 | Evergreen | *Clinicians who understand your unique needs and work with you to regain confidence, increase your ability to cope with every day challenges and assist with maintaining health and independence. Our senior outpatient program offers individual, group and family services as well as services for those residing in nursing care facilities and assist with assessment, therapy, & care management.*

Kadera Mental Health Services

(720) 440-2461 kmhs.net
32065 Castle Court Ste 250G | Evergreen | *Clinical Mental Health Counseling & Psychotherapy for adult individuals.*

Life Care Center of Evergreen

(303) 674-4500 lifecarecenterofevergreen.com
2987 Bergen Peak Drive | Evergreen | *Focusing on inpatient and outpatient rehabilitation with 24-hour skilled nursing care. Our in-house rehabilitation team works hard to give every patient and resident the best care possible. Long term care, hospice and respite stays also available.*

Light Lounge

(720) 791-3000 lightlounge.life
1262 Bergen Parkway Suite E14 | Evergreen | *More energy, heal faster from injuries or hard workouts! Tap your bodies potential to heal and relieve pain without the use of drugs or side-effects? Clinically proven. Try Photobiomodulation today!*

Lutheran Medical Center - SCL Health

(303) 425-4500 lutheranmedicalcenter.org
8300 West 38th Avenue | Wheat Ridge | *Recognizing the clear need for such a philosophy of care, Lutheran has senior-specific services that provide healthcare tailored to seniors' needs. Services include a Senior ER, Senior Surgery Center, and the Senior Behavioral Health program, which addresses acute mental health and medical needs of older adults.*

Mount Evans Home Health Care & Hospice

(303) 674-6400 mtevans.org
3081 Bergen Peak Drive | Evergreen | *Caring for Colorado mountain-area residents in the communities surrounding Mount Evans - providing home health care, palliative care, hospice care and emotional support for those who are grieving, caregiving or adjusting to an illness.*



Mountain Resource Center

(303) 838-7552 mrcco.org
11030 Kitty Drive | Conifer | *Mountain Resource Center helps clients enroll in state financial and medical programs and services such as SNAP (food assistance), Medicaid/CHP+ and TANF (Colorado Works). As well, we are here to help Veterans address the unique challenges associated with transitioning into a civilian setting after their military service.*

One Tree

(303) 542-7212 onetreecolorado.com
29713 Troutdale Scenic Drive Unit C-1 | Evergreen | *One Tree Wellness offers a variety of integrative treatments including halotherapy, hydrotherapy and quantum biofeedback. Visit our website for more information!*