



Wellness Center & Expansion Update

In 2015, Southeast Health Group has nearly doubled the size of its existing facility at 711 Barnes Avenue in La Junta by adding a community wellness center and expanding office space to meet the demand for integrated health services.

“We’ve had the usual weather delays,” said Dr. JC Carrica, COO, who is supervising the project, “but we’re on track to finish construction in early 2016. We appreciate everyone’s patience with the parking situation, and the inconvenience of construction noise.”

Dr. Carrica has hired a Wellness Center manager, health coaches and personal trainers to staff the new



“The services offered in the Wellness Center are designed to complement our integrated primary and behavioral health services. For example, if someone is suffering from two chronic health conditions, like depression and diabetes, we can teach them how to develop an exercise routine, which has been shown to be beneficial in controlling both disease conditions,” said Carrica.

“We’ll also have resources for weight loss and nutrition classes. It’s amazing how the simple act of cooking more healthy foods can have an impact on a person’s health.” Local support for the project is strong. Together, the staff and board have raised over \$16,000 to help purchase

fitness equipment for the new facility. “We’re excited that the staff will have access to the fitness facility before, during and after the workday. Regular exercise is a buffer against the negative effects of stress, and will boost the health and resilience of our workforce.”

For more information on the new services offered at the Wellness Center, contact Bo Tamir, Wellness Center Manager, at 1-800-511-5446.

“The services offered in the Wellness Center are designed to complement our integrated primary and behavioral health services.”

wellness center, and is reaching out to physical therapists and other health providers to maximize use of the new physical rehabilitation facilities.