



Pardon our dust....We're "Making Waves for Wellness!"

by Nancy King

Across the nation, the focus on sick-care is becoming a thing of the past, and community-based wellness programs to prevent chronic disease are the wave of the future. In 2015, Southeast Health Group has embarked on a \$500,000 capital campaign and building project to expand the facility at 711 Barnes in La Junta to promote prevention and wellness.

"We're very excited to break ground this month," said Becky Otteman, CEO of Southeast Health Group.

For the past year, SHG has been working with Hurtig, Gardner & Froelich (HGF) Architects to design two new wings to the existing facility. In April, H.W. Houston Construction Company of Pueblo was chosen as the general contractor.

The project will include a new community wellness center with the intent to supplement, not compete with, already existing resources in the community. For example, SHG is installing a warm hydrotherapy pool and two private single person whirlpool tubs set up for both hot and cold water exposure, which are not currently available in the community. These additions will benefit injury recovery, post-surgery rehabilitation, provide low impact exercise, and pain management.

The current health facility covers 10,000 square feet. The project will add an additional 5,050 square foot community multi-purpose area to the east side of the building to include locker rooms with showers, manager's office, a large meeting and conference area, and the hydrotherapy pool and

accommodate many different patient schedules and be part of their successful recovery."

The community can expect some extra activity, noise and dust from 6th to 10th Streets on Barnes Avenue until the project is completed in December 2015. Signs will guide staff and visitors where to park and how to safely access services in the building. "We're encouraging our staff to bike to work to reduce congestion in the area during construction," said Carrica.

If you would like to support the Capital Campaign, go to www.southeasthealthgroup.org and click on the "Donations" button to submit an online payment. Checks can also be mailed to Capital Campaign, 711 Barnes Avenue, La Junta, CO 81050. Donations to the 501(c)(3) nonprofit are tax deductible, and donors will receive a receipt for tax purposes.

If you would like to know more about what the facility has to offer, or see the design plans, please contact JC Carrica, Chief Operations Officer, at 719-384-5446.



whirlpools for rehabilitation. On the west side, a 3,945 square foot office wing will add 16 new staff offices and additional restrooms.

"We have hired a Wellness Center Manager and a Health Coach, and have already found success in working with individuals to develop personal fitness plans with over 50 currently enrolled," said JC Carrica, Chief Operating Officer for Southeast Health Group. "I am excited about the health improvement we are already seeing, and equally excited that southeast Colorado residents will no longer have to drive over two hours to access this type of hydrotherapy equipment once the project is completed. By offering extended hours and weekend access we hope that we can