

Wellness Center Opened June 7th



by Southeast Health Group

Over 100 community members turned out on June 7th for an Open House to celebrate the new Wellness Center in La Junta. CEO Becky Otteman and members of the Board of Directors welcomed the community to explore the space.

VIP's included Colorado State Senator Larry Crowder, Otero County Commissioners Kevin Karney and Jim Baldwin, Otero County Administrator Jean Hinkle, La Junta City Manager Rick Klein, and Colorado Health Partners' CEO Arnold Salazar.



Guests marveled at the variety of equipment and fitness opportunities now available in La Junta:

- Underwater treadmill for weightless exercise
- Hot and cold plunge pools for injury recovery
- Fitness classes, including Zumba, Power Yoga, Pilates and Mixed Martial Arts
- Personal training
- Health Coaching and Wellness Planning
- Acudetox

Beginning August 1st, Dale Horiuchi, MPT, will join the staff as a full-time Physical Therapist.

The Wellness Center is open from 7 AM to 8 PM, Monday through Friday. The cost for classes is \$3 per session. A 10-session punch pass can be purchased for \$25, and an unlimited one month pass is \$30.

For more information about the Wellness Center, call Southeast Health Group at 1-800-511-5446.



Sen. Larry Crowder discussing the Wellness Center during the Open House on June 7th, 2016.



Acudetox demonstrations during the Open House on June 7th, 2016.



Wellness Center multi-purpose room where some of our therapy services and fitness classes are offered.



Hydrotherapy pool with underwater treadmill and water jets.